

RECREATIONAL ACTIVITIES IN CRIME PREVENTION AND REDUCTION

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Abstract:The purpose of this study is to define, to look in to history and to analyze efficacy of recreation towards prevention of crime and to explain why recreation should be used. During this study review method was utilized.

People living together are the biggest evidence that humans are social creatures. Crime is a common problem in all societies which makes people unhappy and makes them feel frightened and nervous. Since humans, reduction of crime rates and trying to stop it has been the main concern in all societies. The cost of trying to end crime is the same as the cost of crime and its damage. The main objective of recreation is not to prevent and reduce crime however, it is thought that it could be effective to reduce crime rates and prevent it. During the research it was discovered that recreational activities had a great effect on relaxation, socialization and to realize hidden skills of human beings. In this point of view to prevent and reduce crime the participation to recreation becomes more important. In addition it is not a coincidence that there is a link between participation to recreation and low crime rates which also a proof of civilization.

After other studies were examined it was obviously seen that in areas which recreation activities were used crime rates were lower. Especially knowing that crime becoming personality during teens sportive recreational activities were used during this period. Recreation activities were more effective on children. In conclusion after examining quantitative and qualitative studies it was considerably seen that recreation was the most effective and economic way to reduce and prevent crime.

Introduction

Crime impairs human relations in all societies in the world, is a social problem that creates fear and anxiety in humans.

Taking the necessary measures to reduce the rate of crime committed, which is a phenomenon that has been ongoing since the history of mankind, constitutes all communities one of the primary targets. To achieve this target, multiple studies carried out in different areas and try to reach innocent ideal society. Communities and governments to be paid spiritual and material costs in order to prevent crime, are almost equivalent to the damage caused by the crime to the society. To solve some of the social problems that exist in society has always been a more difficult duration to solving remaining issues. For example; to solve the the suicide incidents that exist in a given area would be much more demanding process than the solve traffic problems in the area. Crime prevention and reduction is not the primary target of recreational activities and sport but in the name of preventing and reducing crime, participation to recreational activities are considered to be quite useful. Participation to sports recreation is considered to be one of the most effective and inexpensive method for prevention of crime.

Recent studies has revealed that recreational activities are very important place to communicate individuals with each other and thus in terms of socializing. The prevention of crime, which is defined as a social problem, use of recreational activities involved in the social activities will make a significant contribution. Participation in recreational activities, that are seen in the structure of advanced societies, not a coincidence to low crime rates seen in these communities. When the committed researches are examined, in terms of recreation activities and areas, our country is much more behind than the countries that considered to be advanced . This will be explained in more detail below, an increase may occur in the crime rate in our country, our health and social levels may cause a decrease. For reducing crime rates and increasing health and society level, which is closely related concept to each, should seriously benefit from the recreation cases. In this matter the absence of a lot of research in our country has revealed the idea of to do that.

What is crime?

There are definitions which made in different periods about the crime. This is the subject of discussion 'which one is at the border of crime and it defines the crime which criteria'. they used different geographies and different criteria for explain the crime. Therefore, crime left a sign to different places, people with users of places economic, social, cultural characteristics are reflected in different ways because is characteristic of different(Ayhan, 2007). A recognition by crime; local authorities is a violation of the laws imposed by a state or federal government(Macionis, 2013). The nature of the violation of the social order which needs to be protected in terms of the continued legal value is human behavior which constitutes unfair. (Kızmaz, 2012). Honour, violation of ethics, behaviour contrary to the law, crime (tdk.gov.tr, 2011). Durkheim defined as "*strong collective consciousness and attitudes of emergent acts in violation*". Obviously, it can be made different definitions according to different disciplines of the crime and even some science departments. There is a breach that the offense is outside the rules set by society or decision-makers the crime at the common point of definition. However the crime doesn't mean only violation of the law at the same time it means violation of social value. Hence we can say the crime is not only individual, it is at the same time social and living in a social phenomenon. Moreover, the crime that Lack of knowledge about law is not accepted as proof that the person is guilty as stated in the laws of many other countries.

Why crime is committed?

In a study made by Becker(1968); approaches that cause the crime have been discussed in two main groups. The first of these approaches some features of people cause the crime, namely physiological, psychological and social characteristics on the person accepts the indicator predisposed to crime. Another approach is; there are no differences between delinquent and dysfunctional people. They argues that the crime occurs with people's reactions at the surrounding events. This second approach is called rational choice and argues that basically consists of people around the opportunities and according to the response to crime occurs. According to the rational choice approach, the profit to be derived from criminal encourages people to commit a crime and pain coming from penalties prevents the crime. If the first of these two cases outweigh the crime occurs. The latter is more powerful crime does not occur. Becker (1968) 's model and the cost benefit analysis (consisting of a utility maximizing rational choice) is based. A result of illegal actions of individuals earning benefits, penalties will result when the probability of getting caught by the form of the cost. Here is the low income to be obtained from the legal affairs of the individual may be directed to non-statutory basis of those alternatives. Because in this case the illegal activity of the alternative (opportunity) costs (legal income) is low. This also means that the height of the statutory income will increase the opportunity cost. As a result, Becker (1968), an analysis of benefits and costs as a result of the criminally (if greater than the benefit-cost) stated that they decided to commit a crime.

This theoretical framework, the structure of earnings, changes in the ability to participate in the labor and employment, crime implies that it is possible to change the level of the corresponding action. Considering the research results of addressing the crime associated with juvenile delinquency seems to stem from more socio-economic and cultural reasons. All social disorders juvenile delinquency, inequalities, injustice, a social problem is closely linked to deprivation(Gönültaş ve Sağlam, 2011). Depending on the power-offending morality and self-control, most of the time young people who have a high crime capacity to consciously spend in different places in the region where their homes and schools. This situation offers the opportunity for young people to commit crime(Wikström, 2010). Erdoğan ve Ark, (2012); economic and socio-demographic characteristics of the crime rate has indicated a significant meaning and creature effects. Robins (1990), stated that antisocial and criminal behavior occurred stated that the cause of boredom in their persons and individuals who have a positive evaluation of their free time in order to prevent the crime. Sezal (2003) and Ackerman (1998) stated that one of the factors affecting the social structure of the crime. Ergun and Yirmibeşoğlu (2005) stated that the changes in the social structure of violence and crime rates increase, stated that the decrease in the social structure, ensuring the security consequences of crime. Byron W. Robert J. Sampson and Groves (1989), according to the social theory of social disorder and crime "the most important factor in people's cause offense processing, the environment," argued. For this reason, the "social disorder and chaos that must be defined" is specified. In this study focuses on the social phenomenon of crime is a common and even crime prevention is emphasized and the social structure in order to reduce safety. In the amount of crime in light of socio-economic factors can be said that this information has significant share.

Recreation in Preventing and Decreasing Crime The Word 'recreation' has French origin. The institute of Turkish Language has defined the word as "the activities people attend in their free time for fun and sport purposes". The benefits of recreational activities give us an important hint on preventing crime. Attendance to recreational activities not only increases individuals' life quality, but also improves their self-esteem and promotes socializing. In taking part in these activities, the people are relieved of stress as they improve their social skills in communicating with each other. The recreational activities help in the positive consumption of individuals' energy and therefore help in staying away from crime. They also help in decreasing vandalism and property crime (Cameron, MacDougall, 2000). Moreover, the recreational activities make people discover their unknown talents and in discovering their talents; people will have a more positive integration to the society thus staying away from crime. Discovering people's talents is also very effective in the deinstitutionalization process of convicted criminals. It is thought that having individuals attend social activities in their free time will have a direct effect on crime, which itself is a social problem. A well programmed crime prevention program will not only aid in preventing crime, but also in increasing the social security and development (UNODC, 2012). Among recreative activities, sports are known to be the most popular among children and youth. In Scotland between the years of 1993 and 2000, the crime rate of boys from 12 to 15 years old increased from 28% to 36% and girls from 17% to 32%. In USA the rise in child crime was 10%. The world average is known to be below 20%. This ratio is 40% in our country (Kılınç, 2007). This tells us that child crime in our country doubles the world average. The fact that 12 million of our 30 million youth population is a potential criminal is very concerning.

This number tells us how important it is that we work harder to decrease child crimes. It is clear that the effort will be much more efficient if all related levels of the government and non-governmental organisations co-operated in preventing crime (UNODC, 2012). It is true that to reduce the current levels of crime, the related units of government and other organisations will have to go through a high expenditure process. Taking into account the current studies and looking at the details, it is clear that these processes have failed to reach target on many occasions and the importance of recreational activities has been underestimated. In countries where recreational activities were actively implemented, the efforts in reducing crime rate was much more effective. It is clear that the reduction of crime doesn't only have social benefits, it also offers economic benefits. Levitt (1996) proved in a study that each criminal costs 53.900 USD social loss. That study puts forward the extent of the economic burden brought by the crime committing individuals. A great deal of resources is spent in deinstitutionalisation of these individuals. The failure to take necessary precautions in preventing the crime was admitted by the officials. In a study carried out by the Ministry of Justice in Turkey (2005) the studies about crime all focused on the period after the child commits crime, yet much of the focus was needed in understanding and removing the reasons that make the child consort to crime (Hürriyet, 2005). In 2007 the president of Chile released a crime prevention program, intertwining sports and recreational activities with local government policies (ICPC, 2014). As stated before, effective use of recreational activities is a very economical and efficient way of reducing child and youth crime. Having people attend different activities in multi dimensioned cultural atmospheres help in socializing as well as establishing a self-control mechanism against crime. On the contrary to the situation in Turkey, it is seen that many countries implemented crime prevention programs for youth starting from the end of 1980's. Among these programs, recreational activities have a very important place, and among recreational activities, sports have a very important place. Many of the programs suggest; "parks and recreational activity zones have a potential in preventing crime and blending people together, recreational activities can make the youth avoid in all kinds of crime and getting in trouble and temper violence among public". They focused first on prevention programs and therefore prevented many a young people from getting in trouble with the help of recreational activities (Sprouse and Klitzing, 2005), (UNODC, 2012).

The studies in recreation helped in categorizing recreation and created therapeutic recreation Austin (2004). The recreation services provided to healthy individuals are classified as 'recreation', the recreation services provided to the handicapped are classified as 'therapeutic recreation' (Demirci, 2013). Therapeutic recreation is especially effective in integration of the convicted individuals to the society because it's used in both treatment and rehabilitation processes. Sports, arts, crafts, music, drama, animals, nature and social activities, trips, games, dances and other activities make way for a healthy and fun development process (Austin and Crawford, 2001).

Recreative activities can be considered an important preventer in reducing the crime rate in public. Taking into account the related studies, the areas where recreative sports activities were implement a decrease in crime rate was seen when it increased in areas without these activities. In a world with increasing rates of child and youth crime, using

this popular and social tool effectively will have a crucial role in prevention before crime finds a place in the identity of the individual. Different studies from different periods have proven this to be true.

In America, where crime is a problem, studies were carried out with the help of the security forces and successful results were reached. For example; a program named PALS (Participate and Learn Skills) were tried on 417 children from 5 to 14 ages. In the study, the children were divided to two groups and placed in two complex facilities. To only group, only theoretical lessons were given, to the other ballet, judo and swimming lessons. In the facility where recreational activities were carried out, the children had a much lesser tendency to break rules and aggressiveness (Cameron, MacDougall, 2000), (Jones and Offord, 1989). In Philadelphia, the police carried out a recreative activity and helped the locals clean out empty lands and gardens. After the activity the crime average per month dropped to 4 from 40 and the burglary rate dropped by 90%. Redlands Police Department reported a 36% drop in local crimes after having the youth attend recreational programs in low income areas. (Yaman and Arslan from California State Parks, 2009). A program named Wilderness Therapy Programs is carried out in many zones around the world, it's a recreational program to avoid people who committed crime through physical activity from committing crime again. An example of this program was in The Hope Center Wilderness Camp, USA with 48 attendants from 12 to 17 ages for 14 months. After the program the attendants were followed for 6 months and 85% of them didn't commit a crime again (Clagett 1989). In 1994 the crime rate of Texas Fort Worth dropped 28% thanks to the recreational basketball program in community centers. In five areas where the program wasn't implemented, the crime rate rose by 39% (Yaman and Arslan from California State Parks, 2009). Another program was carried out in Kansas City and a 25% drop in crime rate was reported (Wilkins, 1997). In a study carried out in the southern areas of Australia, a rise in anti-social behaviour and crime tendency was noted after the end of sports season (Tatz, 1994). In a study where 1671 children aged 11, 13 and 15, it was discovered that there was a correlation between physical activities and organization in groups and establishing a healthy relation between kids, parents and their friends and enjoying life to a further extent. In a 12 week program with 329 young attendants it was noted that 'the youngsters had a more active attendance in school, their stress and concern tendencies were lowered and they consumed less tobacco and alcohol'. The positive results of these programs also contributed to the social awareness of the people. According to a national survey in USA, people think that a great majority of the youth can be saved through recreational activities after school (Yaman and Arslan from California State Parks, 2009). In our country, Project Star of Hope by the Department of Public Order of Security General Directorate was carried out; the youths with crime tendency who dropped from formal education were given profession training in areas defined by Turkish Employment Agency, to prevent them from consorting to crime by providing them a job. The program started with 120 willing youths, the starting jobs being electrician, hair dressing, iron bending, automotive repair and carpentry.

First stage of the project took 6 months. The youths attended various educational activities with the supervision of life coaches. 105 of them completed their training where 15 quit. The ones who completed the program were positioned in job related to their skills and education. 65 of them still continue their jobs; a 55% success in terms of finding the right job was achieved. It was noted that 15 of the kids committed crime after the program. In the light of this information the success rate of the program is 85%. However the real success will be determined in the following years by taking into account the criminal history of these youths (Gönültaş and Sağlam, 2011). Crime preventing programs, especially those focused on young people prove their worth in the long run and are hard to take note of in a short period of time. In defence of the local communities that implement these programs; even though they take a long period of time to show their effect, they provide a variety of services to the community (Ehsani and friends, 2012).

Conclusion

Crime is not a universal phenomenon unique to any society. When the topic examined in this aspect, crime reduction and prevention works are an issue to stand on the religiously of whole society. Stay away from crime and to create an innocent society is seen as a hard to reach utopia. Cases of crime, which exists throughout human history, is expected to continue until the end of human life. Every society, to live in a more peaceful and secure, wants to throw away the phenomenon of crime and spends considerable economic resources and time on this subject. When the advanced society management grades measures taken and his works are examined, we learn from the results that recreational activities are take important place. The above recited and not recited many studies have shown that recreational activities are one of the cheapest and most effective way to reducing and preventing of crime. Participation

in recreational activities, which considered as development indicators of society, and low crime rates give us one of the most important clue how these two issues linked each other directly. As a result, innocent society is seen as a hard reach utopia. Use of recreative activities, for plans to reduce crime rates, will be important contribution in achieving the desired result.

Suggestions

-An accurate distribution of the recreation areas would be beneficial in terms of reducing and preventing crime (not just specific areas where high levels of welfare people live, especially in areas with high crime rates increase).

- In this regard, benefiting from many disciplines (eg, sociology, psychology, law, etc.) can contribute significantly for taking desired results from studies.

- The creation of relevant units of relevant agencies(eg, police department, youth sports director, etc) which located in states.

The receipt of expert trainers for these units helps making more efficient activities and increase the popularity of recreation departments in the universities.

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