

THE ROLE OF SPORTS IN RECREATIONAL ACTIVITIES

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ABSTRACT :The aim of this study is to investigate the role of the sports in the recreational activities. By using the differential method (analytical method), the relationship between sports and the recreation of innovation is being handled, the data obtained is evaluated in association with the literature, research and survey. The recreation sports, in the leisure activities, is holding an important place and creating one of a variety of the interested areas and on the other hand, as the most comprehensive, the recreation and the sports are mutually influencing to each other. The sports, in meeting the recreational needs of the people and while having a significant range of motion, the recreation also, in the expansion of the sports has important roles on the basis of achieving sportive success in the society.

Keywords : Recreation, Sports, Recreative Affectiveness

INTRODUCTION

In nowadays, as the working life and the other activities to be intense, exhausting and in stressful routine that have made the leisure activities of our life as an important and indispensable part and also has made it a renewal, relaxation, and a recovery tool (Tel ve Koksalan, 2008).

In addition, since beginning from the middle of the 20th century and upto today, The World ; on the basis of the social, cultural, economic and technological areas has experienced a lot of changes and developments. These changes and developments had been important impacts on a lot of people as to be positive or negative. In particular, owing to the technological advances, due to the reduction of the working hours, the increase in income for per person and on development of transportation and communication systems and the factors in such, has led the people to various searches to spend their leisure time (Turkmen and the friends, 2013).

These quests showed to us that, by allowing the individuals to meet the recreational activities are significantly involved on the people to spend their leisure time in the recreation activities.

Recreative Activities

According to the International Recreative Group's recognitions "The Free time activity is when the person's occupational and social tasks once have been replaced, includes a series of occupations such as recreation, entertainment, knowledge or skills that voluntarily participation to be logged in the community life with their own free will". In the daily life, although recent events are coming into the agenda, some key areas of activity are as follows; The;

- Art (cinema, literature, theater, music, painting, photography, etc..)
- Intellectual (books, conferences, radio, TV, etc..)
- Social (family, parties, meetings, etc..)
- Practice (gardening, crafts, hand jobs, and so on.
- Physical (sports, hiking, hunting, fishing, etc.. (Tezcan, 1993).

The recreational activities, are the activities that can be done at any time as active or passive, alone or in groups, by young or old, men and women or performed in indoor or outdoor areas for the people's recreation, entertainment, and development and providing unlimited coverage area for the every individual at all times and these activities can be addressed everywhere. Thus, through the participation to the activities, the individuals may express and to uncover and develop the hidden powers of themselves and also to develop and increase creativity and would have the opportunity of protecting their physical and mental health. For these reasons, activities can be revealed for the programs of the leisure time and under these terms it is recognized as a necessity in our country (Tamer, 1998).

According to the location and purpose of the activity, it is possible to classify the recreations as; the open space recreations, tourism recreations, the health recreations, park recreation, the management of the recreational sports, campus recreations, therapeutic recreations and the recreation of the work places, hospitals recreations (Ardahan ve Lapa, 2011).

The need for recreational activities on the personal directions are; the creation of physical health development, gaining mental health, the human socialization, creativity, the development of personal skills and abilities, study on the effects of success and business efficiency, the economic mobility and may be explained as to make the people happy. According to the social aspects; to provide social solidarity and integration and creation of a democratic society are some of the reasons for the need of the recreation constitutes (Karakucuk, 2001).

The most prominent features of the recreation activities are; (Driver and Toucher, 1974; Farrel and Lundergen, 1999; Hacıoglu and the friends, 2009; Tezcan, 1982; Akt: (Turkmen and the friends, 2013).

- Recreation is an experience resulting from the participation of the recreational activities.
- Participation in recreation activities are predetermined by the individuals.
- Recreation has a unique charm.
- People will participate within these activities in their personal request.
- Recreation, is made in the leisure time.
- Recreation includes many activities.
- Recreation is an activity of which has serious and specific goals.
- Recreation activities, has a special purpose for everyone who has attended.
- Gives comfort and relaxation to the human nature.
- Recreation, in terms and by the place, time and people are not subject to the limitations.
- Recreational activities, will help to gain personal and social characteristics to the participants.
- Operations continue to be under no obligations to participate.

- Recreation, is an activity that provides pleasure and joy. The people would have been happy by participating in such activities.
- Recreation, is universally applicable.
- Recreation must be appropriate to the society's, customs, traditions and moral values and not become contrary to the social values.
- Recreational activities, may allow the interest and to perform a second or more activities.
- Recreation, should allow to the people to express themselves and also should include activities to be creative.
- Recreation activities, are undertaken by the recreasyonists.
- Recreation actions, can be made as to be planned or unplanned with the skilled people or with people who have no skills or also can be made in any venues of which has been organized or not been organized.

In the recreational activities and for the understanding of the role of the sports, the definition of the concepts of recreation and leisure has to be made in good use.

Recreation

The scientific and technological developments are, on the one hand making the human life easier and on the other hand giving the people opportunity to devote more time. For this reason the human beings are also illustrating importance to the time which are outside of the working life. The use of the nonworking time has been evaluated by the revealed concept of the recreation (Can and the friends, 2006). While there are various definitions for the recreation concepts, semantically, all of them are collected in the same frame (Turkmen and the friends, 2013). The various definitions are as follows:

The word of the Recreation is, in the English meaning "to create, to build" and by using the word of "create" and to add in front of the verb; again having the "re" prefix formed by the joining of the "Recreation (recreation)" carries the meaning of revival of the worn out and tired individuals that had been done by the other factors (Axelsen, 2009).

Gungormus and the friends, (2006) , had been defined the recreation and leisure as all types of events of which are made alone or in groups, by vehicle or tool-free, in open or closed spaces, within the city or outside of the city and within an organization or without, the pleasure and joy not been excepted mandatorily, in their study.

However, Turkmen and the friends (2013) are defined the recreation as, activities of which the time that they spend outside of the required times in order to meet the needs of people by working and in his spare times with voluntary participation to get away from the stress of the everyday life.

The quality of the life of the individuals are provided via the increases of the services for the free times within the community. The recreation is a tool for a more full and meaningful life (Tekin and the friends, 2004). The recreation; contributes of the people's to get away from the monotony of the everyday life according to an individual's self-identity and to enjoy participating into the social, cultural and sporting activities. In addition, via the leisure

activities and recreations provides benefits with other individuals in relationships and communicate achievements in their social personalities (Bucher and Richard, 1974). Today, the majority of the citizens of the developed countries, has the opportunity of the assessment of their recreational possibilities as the daily free time and the weekend, even their annual holidays as more prolonged and though provided in the countries. In these countries, the recreation has become a part of the everyday life and the recreation has been adopted as imperative activities, because of the facing pressures of the modern man in those industrial societies. In the big cities, the people, of whom their daily life is being affected under the influence of various factors and also becoming overwhelmed and in order to get rid of the mental distress and to be physically and mentally stronger, the participation in recreation is one of the ways that can be connected to the life (Turkmen and the friends, 2013).

The Leisure Time

The leisure time is an occupation integrity which articulates as fully optionally. These strivings are carried out as the deals of; to get rest, relaxation, to increase the participants knowledge and experience, to perform physiological and psychological satisfaction in pleasure and even to contribute to the local social services and thus to fulfill the requirements of the moral beliefs, to form and develop the creative abilities and also intended to avoid any interest in all of these activities (Yetim, 2000).

Several definitions have been made in the literature on the leisure associated concepts and these definitions are as follows:

Aristotle, was announced the leisure activity as, "To be present in an event of only to be done without another purpose" (Kraus, 1971). A French sociologist Dumazedier had announced the leisure activity as "The leisure time activity is any activity of the person's other than work, family and social obligations and voluntarily stimulates his creative capacity directing to relax, increase knowledge and participation in the society" (Kraus, 1971).

The leisure times are, indicates for the people's of themselves and as well as for the others, to get rid of all of the challenges or connections and be engaged with the events in their own preferences (Tezcan, 1994).

For the contemporary free man, the leisure times are, either at the end of the working day or at the end of the week or at the annual leaves and finally during the retirement years indicates the remaining time outside of the work. During this period, the social activities and actions, is not the case, to get together under one single headings. In terms of contents, the leisure time activities are very rich and diverse. These varieties are; the sports, arts, intellectual activities (reading books, doing researches), social activities (visits to friends and acquaintances), easy to do without laborious pursuits (gardening, fishing) can be considered (Bargeman and the friends, 2002). The main purpose of the recreation is to provide individual health, happiness, entertainment and the gaining of personal integrity and positive contribution and thus development to the society (Tel ve Koksalan, 2008).

Various studies have been conducted on the leisure and the recreations: Karaküçük (1999) In his study of subjects that deals as leisure and recreational activities; the table tennis, library, short-visits, entertainment, folk games, indoor sports, music, foreign language courses, computer courses and chess activities have been determined. Tel ve

Koksalan (2008), had made a research among the faculty members who served in the five universities which are located in the Eastern Anatolia Region, questioning on their study habits and in doing sports, the male faculty members were preferring to walk and playing football, but the preferences of the female faculty members were on hiking, folk and modern dances. The female faculty members, in contrast to men, had not been participated in the activities such as horseback riding, basketball, hunting, bodybuilding, skiing, climbing and rowing.

The Sports

The recreation activities can be made, in related to the level of that country's social and economic development. The countries of whom have technology capability in producing and also if can renew the technology continuously may also allow providing the medium for leisure activities and may contribute to the development of the sports (Erkal and the friends, 1998).

In our age, the sports are a winning indicator and has an increasing meaning on the level of welfare of the society and culture, and possess an increasingly important place within the social and cultural life (Imamoglu, 1992).

The Sports, has been replaced in the most forms of recreations with the increase of the leisure time. Nonetheless, the intensity of the working hours and with the effects of the other leisure activities, the recreation sports had not been widespread too much (Ramazanoglu and the friends, 2004). In the recreation activities, if the basis is depending on the physical exercise or to various sports branches and that been based on the recreative implementation and if forming a large part of the action into the recreational activity, these type of sports are called the recreational sports. The sportive recreations are based on the physical exercises (Zorba ve Bakır, 2004).

The evaluation of sporting activities and physical exercises of the free times is extremely important to reduce the stress and to avoid tension on the individuals and society which is being generated by the technology and urbanization (Tekin and the collagues, 2004). The sports, has properties that can be answered to all kinds of people with different demographic characteristics and all types of the recreational needs. In the Worldwide, also plays an important role in the development of society for many people besides being a deal that has been participated in the leisure times (Kocan, 2007).

The Sports, as a means of recreation of the people's; together with the industry and as a clearly results of changing the lifestyle and business units and via transported to urban and industrial environments and the civilization is, on the one hand, and the rise of living standards, on the other hand as negatively revealed by the lack of mental and physical adversities has served important duties for resolution (Karakucuk, 1999).

In our epoch, as thought these period of rapid changes and developments are most intense. As been every social institutions, the sports are also being influenced by these changes and the developments, it is clearly obvious. The sports, from the aspect of it's dynamic view is attracting the interest of a large section of the masses and it is the symbol of health, the peace and are considered as the focal point of the friendship and the cultural convergence. The sports, in nowadays, has become leisure activities and a tool in being fit and healty and a major economic sector and also commercial, propaganda and advertising tool (Yetim, 2000).

In the leisure activities, the sports, has an important role and place. The sport's, by the qualifications should not be considered only as leisure activities. The understanding of the nature and importance of the sports, today, and in the spread of the leisure times and that it has been filled by the sporting activities can not be overestimated. The "Mass sport", "lifetime sports", "sport for all" and "healthy sport for life" are the inviting slogans for the individuals in different gender, occupation and status and the trend has been encouraged to do sports in leisure activities and thus it is the ways to be active in sport (Erkal, 1982).

The Sports, are the forms of actions in providing the individual's physical, mental and social developments. The sports seen as an individual but is a social behaviour and is maintained in social environments. In the modern societies and on the assessment of leisure, it is the road of the most referenced. All of the individuals who are participating in leisure activities, by the physical sense, are healthy and robust compared with those who do not participate in the sports and it emerges as a widely accepted fact. The sporting events do contribute to the development of all the human organs. Some events are also increase circulations. The outdoor sporting activities hold a healthy structure and the life for the whole humanity. In particular, the outdoor leisure activities, prevent and reduce mental illness and mental disorders (Tezcan, 1982).

THE RESULTS

As a result, the recreational sports, are covering one of the most comprehensive, diverse and interesting areas of the recreations. The sports and recreations are mutually influencing each other. The sports, while providing a significant range of motion of the people in order to meet the recreational needs, also the recreation is carrying important roles in the expansion of the sport as a social activity and on the basis of achieving sportive success. The sports is, usually, realizing it's roles in these events through fulfilling the sports for all or activities like the sports for health (Sahin, 1997). The sports, are being fulfilled in the open or closed spaces, by a vehicle and tool-free, as mild or harsh, for individual's or in a group, against the time or without the notion of time, in national or can be made between nations and with many more features and types and can provide many alternatives to people with it's variability and sociability (Tel ve Koksalan, 2008).

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