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Historical, theoretic-methodological foundations of the recreational activity of different population groups

Abstract. Purpose: to justify and to develop historical, theoretical and methodological foundations of the recreational activity for satisfaction of the leisured need of different population groups. **Material and Methods:** analysis and systematization of the special scientific and methodological literature and informational Internet resources; comparative method, historical analysis; systemic approach. The study involved school and college students and adults, in total of 1150 persons. **Results:** historical backgrounds of formation and development of recreation in the world and Ukraine are analyzed. Theoretical generalization of certain concepts of motivation in the area of physical recreation is provided, as well as theoretical and organizational principles of leisure and recreation in foreign countries are discussed. **Conclusions:** historical backgrounds of the development of knowledge about recreation are identified and conceptual approaches to the development of the theoretical and methodological foundations of recreational activities of various population groups are determined.

Keywords: physical recreation, activity, principles, population, background, leisure, methodology.

Introduction. The subsequent improvement of theoretical bases of physical recreation, despite of a big empirical material, demands qualitatively a new form of the organization of knowledge about it. It needs a scientific research of the essence, the nature and specifics of the development of knowledge about physical recreation, characteristics of its main signs, the subject and functions, conceptual models and the analysis of the world experience of the organization of activity in the sphere of a physical recreation.

The sphere of physical recreation develops dynamically, and its formation falls on the middle of the XX century which is confirmed by the considerable volume of scientific publications in foreign and native magazines, special scientific literature, available dissertation researches and so forth [1; 3; 7; 8]. In different countries of the world systematic basic and applied researches of this subject are carried out, groups of scientists whose researches significantly influence a content and directions of studying of the recreational perspective are formed [1–6; 9; 10]. Numerous research institutes of problems of leisure and recreation are created in different countries of the world.

The need of allocation of a problem of physical recreation in independent branch of scientific researches is predetermined by three main reasons [7]. The first is connected with strengthening of a need for the practical actions directed on the improvement of health of a person, the increase of its social activity, educational and cultural levels. The second – with allocation of the perspective of physical recreation not only in systems of physical culture and the general recreation, but also outside these systems, allocation of its specific patrimonial signs that allows define accurately its subject domain, scope of carrying out concrete scientific researches. The third – predetermined to attempts to pass from descriptive and explanatory knowledge of physical recreation to allocation of new, yet not studied facts, scientifically to comprehend such theoretical and practical problems which can't be given and solved for the designation of earlier known phenomena, a conceptual framework. The analysis of theoretical works of foreign and native scientists concerning the development of physical recreation allowed finding out new opportunities of the recreational activity of different groups of the population [1; 3; 7–10].

Communication of the research with scientific programs, plans, subjects. The work is performed according to a subject of the Built plan of the RW in the sphere of physical culture and sport for 2011-2015. "Improvements of the scientific principles of sport for all, fitness and recreation" (number of a state registration is 0111U001735) and the state budgetary subject of the Ministry of Education and Science of Ukraine for 2012-2015. "Historical, theoretic-methodological principles of the formation of the recreational activity of different groups of the population" (number of a state registration is 0112U007808).

The objective of the research: to prove and to develop historical, conceptual and theoretic-methodical principles of the recreational activity for the satisfaction of the leisured requirements of different groups of the

population.

Material and methods of the research: according to tasks of the scientific search the complex of the interconnected research methods, among which is used: analysis and systematization of philosophical, psychological-pedagogical and scientifically methodical literature, special literature on physical culture, recreation and information resources of a network Internet for the clarification of a conceptual framework of the research and the definition of essence and structure of physical recreation; standard and programmatically methodical documents in the sphere of physical training, education and culture; a comparative method for the purpose of comparison and the analysis of foreign and native experiment on the studied problem; abstraction, logic-theoretical analysis, historical analysis, content analysis of theoretical and methodical works, system approach.

Persons of different age categories took part in the researches. The limits provided by physiologic age classification were in the basis of dividing into age groups. Pupils, students, persons of the mature age, in number of 1150 persons took part in the researches generally.

Results of the research and their discussion. Crises which periodically happen in science are caused by the development of theoretic-logical and practical-active culturally-civilizational development. Crisis which arose concerning different categories of the population to physical culture is a natural phenomenon in a change of conditions of entry of a person into the world surrounding him. For the sake of it the analysis of historical prerequisites of the formation and the development of the recreation in the world and Ukraine are carried out, attempt of theoretical synthesis of separate provisions concerning the analysis of motivational theories in the sphere of physical recreation, theoretical and organizational bases of leisure and recreation in foreign countries are carried out and the possibility of application of their experience in practice of recreational and improving activity of different categories of the population of Ukraine which characterizes the paradigm approach is presented, which is widespread in modern diversified scientific researches.

The review of historical prerequisites of the emergence and the development of knowledge of physical recreation shows that sources of this knowledge are rather various; they arose in many spheres of activity of people and at different stages of the historical development had an unequal degree of the priority [4; 5; 7]. At the first stage of the development of knowledge of physical recreation the main attention was paid to its biological signs (adaptation-renewal signs, compensativeness of physical recreation). The allocation of group of the signs connected with character, contents and conditions of the motive activity became alternative approach – voluntariness, independence of the motive activity which is carried out according to the age psychophysiological development, a state of health, not regulated (has no tough standard rules and existential restrictions, difference of contents and forms of the recreational activity from professional, household and public, their conditionality hierarchy of requirements, specificity of means and methods), is shown mainly in a game form and characterized to variety of forms, means, ways of its implementation. Other research paradigm is the understanding of physical recreation as one of forms of the organization of rest, leisure of a person. In particular, physical recreation is considered as a component of the industry of leisure, the organization of activity of leisure of people in the course of carrying out spectacular mass actions, by providing different sports services. It is identified with the game activity of leisure in which physical, motive activity connected with a receiving satisfaction from the process of the performance of physical exercises prevails. The following approach consists in perception of physical recreation as to means of renewal of physical and spiritual forces spent in the course of the professional work, study. Some researchers consider physical recreation from positions of its valuable aspect. Thus, the physical recreation is considered from positions of several methodological approaches – as the activity directed on rest and the organization of leisure; as means of renewal of forces spent in the course of work; as means of acquisition and realization of vital values. There is a conclusion in the course of the analysis of the main methodological directions that all of them don't have contradictions among themselves, and supplements each other.

It is established that the problem of the organization of recreational classes and the attitude of the population towards them is studied insufficiently because of changes of social and economic conditions. In literature features of the organization of the recreational activity are most fully reflected in historical aspect [4; 5]. The analysis of dynamics of organizational forms of spending of free time of the population testifies that an absence of continuity, scientific justification of directions and forms of activity, stereotype, and a lack of orientation to recreational interests and requirements of different segments of the population are observed

in their functioning. However during the noted period it was based and introduced a wide range of viable, perspective innovative forms of the recreational activity. Unfortunately, these positive initiatives didn't find a sufficient administrative support and legislatively a standard justification though could become a basis of an innovation and reforming in the branch of physical recreation. There are data of modern researches differ in inconsistency, discrepancy, insufficient illumination of questions of advantages of different categories of the population in inquiries to improving technologies that testifies to backwardness of culturally anthropological methodology concerning the theory of physical recreation. Culture-anthropological methodology is an analysis of situation in a certain society of a person with a concrete political and economic way, and therefore the maintenance of a recreation, its technology, are defined by many welfare factors, including economic recession, commercialization of the recreational sphere, and destruction of traditional production structures. The recreational choice of the population was affected significantly by a recession of a standard of living when there are unsatisfied primary needs of a person, and spiritual interests of the increase of educational level, creative activity, cultural rest become ultrahigh and unrealized. The traditional nature of the recreational activity of the population changes significantly under such circumstances. As a result of the conducted researches the common and excellent features in the motivational sphere and ways of spending free time, the recreational activity of different groups of the population are established. As a result of the research it is established that most of respondents spend free time with a family (tab. 1). These data testify to the existence of resistant need for cultivation and support of family relations through the system of recreational and improving actions, and also confirm the research [6]. The subsequent places in priorities of spending free time are defined by a desire of respondents to spend leisure-time with acquaintances and friends, and practically among all age categories, and also in amateur and organized groups.

Table 1

Forms of spending free time to which persons of different age provide advantage, n=1150

Forms of spending free time	Quantity of answers,%					
	Pupils	Students	Persons of the first period of the mature age		Persons of the second period of the mature age	
			Women	Men	Women	Men
With a family	82,8	63,6	60,9	55,7	15,3	19,6
With acquaintances and friends	32,2	64,5	21,3	7,8	8,2	7,2
In amateur group	32,2	18,5	11,9	6,8	15,2	24,8
In organized group	61,0	66,3	63,2	32,7	41,3	51,7
Loneliness	6,3	8,9	43,1	47,9	54,0	57,9

The subsequent analysis of results specifies that respondents, who represent pupils and students, feel a strong need for the establishment of public contacts which is realized through recreational actions as a part of the informal amateur and organized groups. The greatest number of persons interested to spend free time with acquaintances and friends is observed at the students and school ages (64,5% and 32,2% respectively).

At the same time a significant amount of pupils (6,3%) and students (8,9%) spends active leisure-time on loneliness that is obvious caused by the need to stay alone by a psycho-emotional fatigue.

The percent of people who spend leisure-time on loneliness grows with the age, that is avoid contacts more often both with friends, and with family members if in the first period of the mature age among men of such are 47,9%, among women of 43,1% of respondents, already in the second period of the mature age – 54,0% of women and 57,9% of men avoid carrying out active leisure in groups.

It is known that the modern rhythm of life extremely negatively influences a psychophysical condition of a person at any age which demands renewal (recreation) of a bioenergy potential of an organism [7]. However the range of motives of rather recreational and improving classes can be rather wide. Considering it we united the main motives of recreational and improving classes in groups on the leading orientation of activity: improving (care about health, improving procedures); educational-cultural (contact with the nature, knowledge of culture, visit of clubs, participation in amateur performances, reading books, learning of foreign languages, excursions, etc.); adaptation-renewal (regeneration of forces, escape from a daily occurrence, passive rest, rest outdoors, road out to the country); social (public contacts, communication, meeting with friends); entertaining (hobby,

visit of discos); personal (self-improvement of an attempt to be allocated, self-confirmed, to reach as much as possible); sports and physical (classes on physical exercises, classes in fitness-clubs, independent recreating-improving classes, walks); extreme (aspiration of adventures, classes on extreme types of a recreation); house and family (spending free time with a family, purchases, revision of telecasts, levee of guests at home, help with economy, work on a personal plot, visit relatives).

When studying motives of recreational classes of persons of different age it is necessary to consider that the individually-psychological originality of each subject generates the variety of motives of communication. However there are general motives which combine different subjects in groups, define the content of their communication and relationship. As a result of the research priority motives of subjects in sports and recreational activity are defined, hierarchy of motives at visitors of recreational actions of sports and improving associations is investigated; a number of external and internal factors which influence the formation of valuable orientations of subjects of the recreational activity are allocated.

As a result of the research it is established that most of pupils as the priority provide an advantage to such groups of motives as entertaining, physical and sports, extreme, house and family. At the same time persons of student's age elect social, educational-cultural, entertaining, personal groups of motives.

The major motive is the adaptation-renewal motive for every second participator in recreational and improving classes at the first mature age. It unambiguously indicates to the most intensive rhythm of today's life which is the reason of psychophysical fatigue. In this case the requirement is traced to narrow the sphere of communication to the level of a family and to compensate deficiency of physical activity which is caused by the urbanized environment. During the recreational actions of the person of this age in which, as a rule, there are juvenile children, owe opportunity to develop their outlook, to form at them morally strong-willed qualities, and also to carry out improvement in natural environment.

It draws attention, that family and health is the major values and one of the major motives – approximations to the natural environment for persons of all age groups. Such state of affairs is completely justified as in natural environment there is an integration of the knowledge acquired in the course of study to practical experience of rational behavior and as result – the formation of culture of health, emotional and ethically esthetic spheres of the personality [6]. The modern civilization gives the chance to choose the most various forms of active recreation and to satisfy any needs of people of different age, sex and state of health in the motive activity. The obtained data testify that most of people realize the importance of the recreational activity in their life. Thus only 21,5% of persons of the first mature age, 14,0% – the second mature age consider that the motive activity for them is a very important value. Characterizing persons of the first period of the mature age, it should be noted that the greatest percent of people provides advantage to passive rest (rest near water) during summer holiday. Something less people of this age use rest with the low physical activity (walks, bathing, recreational games) which is generally coordinated with the data obtained by native and foreign authors [6]. However in general persons of young age choose active types of a recreation which gives the chance to raise indicators of a physical and psycho-emotional state. In the age category of the second period of the mature age years the popularity of walks is characteristic for three of fourth populations. The considerable popularity of passive rest among all studied age groups can be explained with certain traditions concerning the organization of rest. In each age category and in all forms of recreation the clear advantage of irregular recreational activity over the systematic is observed. Besides, with the age activity decreases that is coordinated with the data obtained on the foreign continent [6]. However interest grows with the age (at general recession of the recreational activity) to safe and moderated concerning intensity kinds of recreational and improving physical activity at the same time financially not of the expensive. It can testify to the need of the search of forms of activity which are the most available on the one hand, and on the other hand – give the chance to keep aerobic opportunities of an organism at the sufficient level. According to the existence in the structure of free time of the classes which are different by orientation and influence on the development of the personality, during work the following types of its use (tab. 2) are found.

It is established that passively contemplate type of the use of free time (nearly a third of all respondents) prevails among all categories of respondents.

The considered questions don't take out all problems of the recreational activity. The leading international experiment on questions of the involvement of the population to recreational and improving classes are not generalized yet, the technology of design of the recreational and improving activity in scientific researches on

the recreational activity isn't proved.

Table 2

Types of the usage of free time of persons of different age, %

Type of the usage	Pupils (n=540)	Students (n=181)	Persons of the mature age (n=210)
Rational-active	7,9	27,5	17,1
Rational -consumptive	29	31,2	33,8
Passively contemplate	35,0	31,8	32,4
Not rational	28,1	9,5	16,7

Unfortunately, existential-anthropological methodology which provides studying of personalized interest of subjects of a choice of the recreational activity as to means of self-affirmation, self-identification isn't enough used. Such approach provides the application of sociological, psychological, pedagogical methods of the research. It would give the chance to study and form needs of different groups of the population for self-organization of the free time depending on objective opportunities of their satisfaction, and also attractiveness of different types of recreational classes. Recreational projects have to provide the volume of knowledge, skills which various professional and age groups of the population, not uniform by social and financial status, and also those categories which demand medical-prophylactic care.

As a result in the considered theoretic-methodological principles of physical recreation it is emphasized that the way of thinking, its form, the approximate purposes and the ascending principles of the research, make methodology of the cognitive activity. Change of eras leads to change of a way of thinking. The scientific methodology is constantly enriched with the achievement of versatile sciences about the world and a person in it, and therefore can't be sainted in any form. Creativity – is the main component of the scientific methodology which concentrates in the special theory of knowledge– epistemology. Concerning the recreational activity epistemology as a social theory of knowledge, provides the use of various methodologies in the only integrative paradigm approach which gives a complete image to an object of the research – recreation, – at each concrete stage of the development of the culturally-civilizational process.

Conclusions. The theoretical analysis of the scientific works of foreign and native scientists showed that the systematic basic and applied researches concerning the recreational activity of the specified subject are carried out in many countries. From positions of the modern methodology of studying of difficult systems and data of the theoretical analysis it is expedient to consider the recreational activity as an elaborate system. The carried-out analysis of the historical experience and the modern perspective of the recreational activity testify that in its development it is possible to allocate some periods connected with the formation of other public institutes and the system of values of the society. It is established that the recreational activity has no appropriate effect yet at the present stage. Considerably it is predetermined by the incompleteness of the development of conceptual ideas and provisions of the formation of contents, organization, standard and staffing of such activity; insufficient systematization of factors which define an orientation of recreational actions. In noted conditions the foundation and the implementation of the concept of the recreational and improving activity of different groups of the population is actual which has a great practical and scientific value.

Prospects of the subsequent investigations in this direction. The obtained data open opportunities and prospects of the usage of the recreational and improving activity in Ukraine for the growth of the population involved to physical activity for the purpose of satisfaction of the leisured requirements.

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Received: 20.03.2015.

Published: 30.04.2015.

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