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VIEW POINT TO RECREATION IN TURKEY AND DEVELOPMENT OF RECREATION

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ABSTRACT

Especially in the social lives of countries, recreation is becoming more and more important in parallel with the degree of development, in various countries under the same name or entertainment arts, cultural activities, physical education, sports, dance, hunting, fishing, etc. is expressed by components of free time such as. Recreation has three important functions; rest or self-release, entertainment, self-improvement. How is this important function called the evaluation of leisure time performed and what is it? The mentality and abilities developed during leisure time are not only valuable to the individual but also important in the society in which the individual is a part. Therefore, societies are closely

related to “recreation activities yapılan in free time. In order to develop the concept of recreation in our country and to be able to catch up with the developed countries in terms of recreation, first of all, it is necessary to understand this concept by all the masses of the people, to teach scientific principles and methods of construction and to classify its types. In our country, there is a need for a recreation specialist who has been trained in scientific environments and can keep up with technological developments and has academic competence in fields related to the recreation sector.

Key Words: Recreation, Development of Recreation, Perspective to Recreation

INTRODUCTION

There are difficulties in reaching a common point regarding the characteristics of recreation, which is very diverse and can show different insights according to the way of interest, impulse, purpose and participation and many other factors.

Recreation Types

Recreation activity areas may vary or vary depending on the form of leisure time, style of participation, climate, economic, geographical conditions and community culture. (Karakucuk, s; 1999).

- **Music Activities** ((Musical instruments, orchestra, solo, choir etc.))
- **Sports Activites** (Team, individual, nature, combat and mind sports such as)
- **Playin Games** (Educational games for all ages)
- **Dance** (Folk dances, modern and rhythmic dances)
- **Activities that require art and skill** (Such as plastic, leather, graphics, ceramics, metal, photography, painting, wood.)
- **Offsite activities** (Camping, picnic, environmentalism)
- **Scientific and cultural activities** (Literature, theater studies, theater, scientific discussion meetings, etc.)

History of Recreation in Turkey

Recreative thought was first used in our country in the speeches of Atatürk in 1923 and 1937.

It can be said that in the idea of disseminating the sport activities to the society, distance has been taken with the 30 Physical Training Law 35 numbered 3530. As a matter of fact, in Article 4 of Law No. 3530, “It is compulsory for young people to enter clubs and continue their physical training in their free time. It is determined by the Executive Committee of Deputies to determine how long

and at what seasons citizens will be under the obligation of sports and what kind of institutions will be required to implement sports movements. ”

Article 21 of the Law No. 3530 in parallel with the idea of expanding sports to society is also in Article 21. In this article, it is said exactly as follows: mü Institutions, factories, commercial houses and similar institutions with more than 500 officers and workers, gymnastics hall according to the decision of the Executive Committee upon the decision of the general directorate and the decision of the consultation committee to have their officers and workers trained. They are obliged to build facilities such as sports facilities, swimming pool and other facilities and hire an expert physical training teacher or trainer ”. Although this penal sanction is also imposed, it cannot be said that these articles of both Laws have achieved their purpose. I would like to underline this.

As it is known, since 1963, the period of planned development has started in our country. For this reason, it will be appropriate to take a look at what we have achieved in the development plans to spread the sport to the society. Although the official objectives are clearly stated in the development plans, we need to underline that there are too many differences between what is practically targeted and implemented.

Recreation Today

In our country, within the conditions of the day, Recreational activities, General Directorate of Youth and Sports, Youth camps, Volunteer organizations, gym centers, fitness centers, game clubs etc. which are usually opened in big cities etc. and most importantly, Teaching and Recreation departments of the Universities of Physical Education and Sports.

The General Directorate of Youth and Sports organizes tournaments every year, which include many sports and recreational activities both in the international arena and in the country. Sports federations operating under the General Directorate of Youth and Sports also organize many recreational activities during the year.

National youth camps will bring together young people from different regions of our country and create strong friendship ties among them in an environment of tolerance. Young people, who are the future of our country, will also get to know Anatolia's rich historical and cultural background and gain new life experiences.

In our country, clubs offering recreational activities are established in big and crowded cities, which we call metropolitan areas. These clubs teach the concept of recreation, which gives people the opportunity to make their free time more productive, and try to take them away from the shortage of

work, life and livelihood. For this purpose, clubs offer their guests a variety of sporting activities, entertaining games, educational and knowledge-based games and activities.

The other dimension of recreation is the activities that can be included in the recreation phenomenon that it applies in line with tradition, customs and customs. These include visits to nearby neighbors, games and chats in the coffeehouse, picnic trips, reception days, countryside, park trips, baths, cinema, theater and other artistic activities. Some of these are important in terms of maintaining leisure time activities and some social traditions.

Slum areas in our cities have close free time habits with towns and districts; Watching TV and visiting a neighboring family are among the first, followed by activities such as reading newspapers, books, cinema and theater. Camel, bullfighting, cockfighting is a very popular leisure activity for men in the Aegean region.

Recreation in Alternative Tourism

Our globalizing and seeking different alternatives; tourism industry is also looking for alternative. Because the tourist is conscious of the concept of recreation tends to evaluate the alternatives to active recreation will have a pleasant time.

Van Doorn (1982) stated that recreation activities in the tourism of the future is one of the most important factors in extending the length of stay of tourists in accommodation facilities.

Turkey, which has the longest coastal city of Mugla, Fethiye, Marmaris, Hisaronu, a tourism paradise with the Gulf of Gokova and Mandaly. Muğla, which is convenient for 97 bay yachts where green and blue are intertwined, has around 150 beaches and 12 tourism areas. Among the natural riches of the city, there are 6 canyons with unmatched beauty with forests covering 65 percent of its surface area, a natural park, 2 national parks and world wonder frankincense forests. Muğla's 1124 kilometers of coastline, five gulf, bay and beach with 97, takes place at the beginning of Turkey's richest province in terms of natural resources. Fethiye Saklikent known as alder, starting near the village within the borders of the Ula Gokova with the unique beauty of the canyon-Çaydere extending the canyon, is located between the largest canyon in Turkey. It has the most modern and largest yacht harbors on the Aegean and Mediterranean coasts of Muğla with its 3 thousand 500 yachting capacity. There are 13 resting and picnic places on the shores of Muğla. With 4 lakes, 3 mountains suitable for winter tourism, 4 thermal springs, 2 famous teas and 45 natural protected areas give Muğla a distinct wealth. 142 archaeological sites, 15 urban sites have been registered in 1147 and housing within the city with a unique cultural

richness, Turkey's only Underwater Archeology and Natural History Museum as well as the archaeological museum is situated 5.

Determination of alternative sports tourism (rock climbing, hiking, trekking, daily nature walks, mountain biking, tour skiing, etc.) areas in our country which is a rich tourism city with its natural beauties, making researches ready for tourism, initiating researches, therapeutic recreative in rich regions with villages and spas. Trying to expand tourism is also important for the national economy and publicity.

Therefore; To investigate the contribution of recreational sports tourism for the development of alternative tourism in Turkey, I believe it important for the extension of the tourist season.

RECREATION AND EDUCATION IN TURKEY

In the US, 45% of deaths from cardiovascular disorders exceed. We cannot talk about the existence of a healthy generation in this country. Since the 1980s, in the United States, heart circulatory disorders and its products; excessive obesity, inactivity, high blood pressure, and stress diseases were started to be sought. In addition to medical studies, they tried to change the life philosophy of society by increasing the role of physical education in mass media and education.

James We will either re-create or send them to prison, Sharp Sharp James, president of the American national city league, said in a 1992 survey, 21.8 million young people under the age of 21 were arrested and their annual cost to the state was \$ 2.3 billion.

New Mexico governor Martin Chavez said that a few years ago, sports and music classes were removed from schools, and an increase in the rate of crime and vandalism had occurred, and this increase had regressed to the previous level. Therefore, the money to be spent on programs to punish youth and to keep them free from crime was made available to other sectors.

To increase the quality of life of people of all ages with recreational trainings. aims to develop the characteristics of using the body correctly and adopting the right values as the philosophy of life. In addition, avoiding harmful habits such as smoking and alcohol, always adopting an active lifestyle, and being in harmony with the family and society are tried to gain values. These habits starting in the family develop in the school age. It is very important that people, families, educators and managers are conscious.

The focus of the expectations about the future of the concept of recreation in our country lies in the ability to carry the upper levels of the quality of the students who have graduated from the Department of Recreation. Recreation departments, which can give high quality graduates, will have a positive effect on all concepts related to recreation in the development of our country. For this purpose, the departments opened and to be opened should serve according to the location and needs of the region, without degenerating the education, by following the developed countries in the field of recreation closely and at the same time taking into consideration our own social values and cultural riches. For recreation purposes, classification as follows may help to provide better service;

- Recreation in Tourism
- Recreation in Industry and Local Governments
- Therapeutic recreation
- Military Recreation
- Recreation in education (recreation for children, young people, the elderly, pregnant and disabled).

Based on this classification, to reach the level of developed countries in Turkey's recreation should be aware of the following recommendations;

- Diversification of recreation and making legal arrangements,
- Opening recreation departments according to the purpose and giving importance to quality,
- Enacting local government laws,
- Cooperation and legal arrangements between the Ministries and General Directorates for recreational sports tourism, which has an important place in alternative tourism,
- Dissemination of mass media and public awareness,
- I believe that the government attaches importance to supporting and developing investments, and that economic and cultural moves will be realized as soon as possible and contribute to a country that combines knowledge and love.

RECREATION DEPARTMENTS ASSESSMENT

The needs of the graduates of the Recreation departments of our country, which are affiliated to the Schools of Physical Education and Sports, are at a high level..

In this direction, it is concluded that the employment areas of the students who graduated from recreation departments should be determined clearly. About the subject;

It is known that students of Recreation Department take part in different sectors and programs services after graduation when they examine different Recreation academic programs in the world. These; the top executives, secondly the organizers and programmers at the head of the manpower groups, and the last one is the people who have practiced the training activities. Separate characteristics need to be considered for these three groups.

Before examining the characteristics of the students who will graduate from the recreation department, it is important to examine the principles during the entrance of these students to the university. If the qualifications to be sought in student candidates wishing to enter the recreation department are considered within the general framework;

1. The score they get in the University Selection Examination,
2. Foreign Language Level,
3. It is the skill-ability level for the department.

The students to be selected should have a foundation that has a tendency to recreation environments and sectors and then to establish a scientific concept on this basis.

The first important fact to be examined about the graduates of recreation department is to determine the employment areas of these graduates. The following sectors and fields of employment are areas of study for graduates of recreation:

1. Public Recreation
2. Company (Business) Recreation

3. Commercial Recreation
4. Organizations with Special Members
5. Recreation of Non-Governmental Organizations
6. Campus Recreation
7. Military Recreation
8. Therapeutic Recreation

Considering the conditions of our country among the recreation areas mentioned above, we have focused on the three study areas with the highest usability and application percentage and taking decisions and opinions on these areas. These;

Public Recreation:

In this area, there is a need for the personnel who have been trained in Recreation in order to work in State Institutions, G. S. G. M. and local administrations. As a result of the agreements signed with the International Monetary Fund (IMF) of our country, the probability of employment of the graduates of the Recreation Department at the General Directorate of Youth and Sports has decreased.

The points to be considered regarding the elements to be used in the Recreation Units in the Local Governments;

1. Local governments' perspective and system for recreation for all ages
2. Human resources potential to carry out these programs and services should be available among graduates of sports colleges.
3. Facility potential
4. Sources of Attraction.

As a result of these considerations, it is possible for them to meet the expenses of local administrations that reach big revenues with very small dues, and to cover the expenses of programs and services. The most important issue to be targeted here is the feasibility of programming and implementing recreational activities for people of all age groups.

2. Commercial Recreation

Recreational activities are defined as commercial recreational activities which are organized for profit by providing income in order to satisfy the interests and desires of the people in order to improve the emotional, physical, professional, social, emotional, intellectual and social aspects of individuals.

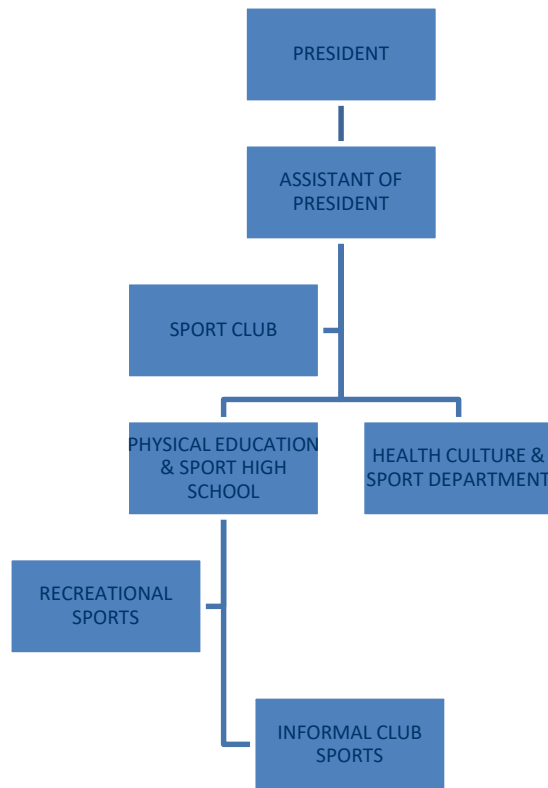
Commercial Recreation Recreational activities in touristic facilities include exercise, sports-health centers, clubs, carpet pitches, tennis courts, swimming pools etc. to operate in places.

In these facilities, a wide range of recreation programs addressing a large number of people with different characteristics are required by qualified, contemporary, flexible, qualified individuals who are able to demonstrate their competence, who really love people and who demonstrate excellent human relations. If these programs are organized and managed by unqualified staff, it should be recognized that they are full of potential hazards to human and natural health.

3. Campus Recreation

Campus Recreation is a recreation approach that includes university, students, academic and administrative staff, their spouses and children as a whole and includes sportive, cultural and social activities in and out of the curriculum for the physical, mental, emotional and social needs of all. In-campus Recreation also has the characteristics of supporting inter-individual and inter-unit communication and collaborative work within the university and also enriches the corporate culture.

Table 1. Campus Recreation Scheme.



Development of Recreation in Universities

Recreation development in universities goes back to many years. Recreation courses first started at METU-MARMARA and GAZI Universities. We can say that in the first use of the term recreation, it was realized by Prof.Dr.Gazanfer DOĞU, Dr.Ümit KESİM. After the term bağlantı recreation m started to be spoken in universities, the connection between tourism and recreation came to the agenda. With the initiative of Prof.Dr.Erdal ZORBA, Director of Muğla University School of Physical Education and Sports, on May 23, 1997, Muğla University, G.S.G.M. In the panel organized in cooperation with the Ministry of Tourism, it was decided to open a Recreation Department.

Between 18-19 December 1998, Prof.Dr. Erdal ZORBA, the Directorate of Youth and Sports General Manager Prof.Dr.Gazanfer DOĞU with the support of the Ministry of Tourism in Marmaris, University Representatives, Sector Representatives, Türsab, National Olympic

Committee representatives attended the working group meeting. In this working group meeting, plans were made for the curriculum programs of the Recreation Department, course contents and employment of graduates. In the final report of the working group, a recommendation was taken to open a Recreation Department within the body of Muğla University BESYO. In line with this decision, the Interuniversity Board dated July 3, 1998 and numbered 96, it was decided to give opinions to the Presidency of Higher Education Board in order to open a Recreation Department within the body of Muğla University School of Physical Education and Sports.

Following the opening of the department, curriculum changes were made in western norms and our education level was moved to western standards. When we look at the employment areas of our graduates, especially in the Tourism Sector, Local Administration, Social Units, Primary Education and Secondary Education, special interest courses in Amateur and Professional Sports Clubs, Pre-school Education Institutions ((Nursery-Kindergarten, etc.), such as the graduates of the department fill big gaps. it is observed.

DISCUSSION

As a result, the legal basis of the following subjects should be established for the reflections of Recreation Science on social structure. According to this;

- Recruitment of trained personnel in the field of recreation should be allowed within local administrations. The social layers should be brought together on the basis of the reactive activities to be organized according to their level.

- Recreation by the Ministry of Education as a course should be included in the curriculum of educational institutions.

- TV radio broadcasts should include programs aimed at shaping the free time of the social strata.

- The Ministry of Tourism should make arrangements in the light of Recreation Science in Animation and similar activities in Domestic and Foreign Tourism..

- Local administrations should organize large-scale recreational activities with the participation of the public strata, thus ensuring that the local culture that derives its origin from the public is transferred to the next generations.

- Recreational training staff should be evaluated in the planning and implementation of activities with wide participation.

- Especially Spring Festival Activities, which have become a tradition in our University, should be realized with the students who have taken the Department of Recreation.

- Graduates of the Recreation Department should be employed in the elderly home, nursing home, Child Protection Institution and some health institutions.

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