RECREATIONAL FACTORS AS A CATEGORY OF RECREATIONAL PROCESS

РЕКРЕАЦІЙНІ ЧИННИКИ ЯК КАТЕГОРІЯ РЕКРЕАЦІЙНОГО ПРОЦЕСУ

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Abstracts

The purpose of the paper is to analyse the fixed assets of recreational process, role and place in this process of such constituent as recreational factors. **Research methods:** analysis and generalization of the data of scientific and methodical literature regarding the means of the recreational process, scientific and methodical substantiation of recreational means, their application and essence, theoretical elaboration of the authors' own practical experience in teaching the disciplines "Recreational technologies" and "Theory and technologies of health-recreational motor activity". **Results.** The tasks of recreation are: restoration and strengthening of physical condition, health; prevention and prevention of possible injuries or diseases; elimination of residual phenomena accompanying a person after injuries or illnesses; The recreational process is used in the post-hospital stages of recovery with the predominant use of physical exercises, but their health-improving orientation is questioned by the authors, if they are not supported by recreational factors, by which the authors understand the performance conditions that contribute to both the strengthening of the restorative processes and the improvement of the functional state of the majority human systems and organs. There are many exercises, the performance of which is accompanied by negative factors, such as air gassed with street dust, a hard surface that causes unwanted shocks for the spine, joints, feet, non-compliance with the methodological and practical principles of the theory of physical education, for example, episodic classes, etc. Recreational factors – on the contrary, strengthen the health component of exercise, for example, a water environment from mineral springs or a soft grass path in a pine forest, shoes with elastic insoles, high-quality air with phytoncides and an increased oxygen content, and if this path is located on the seashore, with ions of iodine, sodium and calcium of the sea breeze, the recreational component can reach higher ratings. **Conclusions.** Identification of recreation as a process of improving the health of the population through the use of physical exercises enhanced by recreational factors with the task of restoring and improving physical condition and health; prevention and prevention of possible injuries or diseases; elimination of residual phenomena that accompany a person after injuries or illnesses, allows to more clearly understand the paradigm of its application and its place in the theory and methodology of physical education.

Key words: recreation, recreational factors, means, recreational technologies.

Мета роботи – проаналізувати основні засоби рекреаційного процесу, роль і місце у цьому процесі такого складника, як рекреаційні чинники. **Методи дослідження:** аналіз та узагальнення даних науково-методичної літератури стосовно засобів рекреаційного процесу, науково-методичне обґрунтування рекреаційних засобів, їх застосування та сутності, теоретичне опрацювання практичного власного досвіду авторів з викладання дисциплін «Рекреаційні технології» та «Теорія і технології оздоровчо-рекреаційної рухової активності». **Результати.** Завданнями рекреації є: відновлення і підсилення фізичного стану, здоров'я; профілактика і попередження можливих травм або захворювань; усунення залишкових явищ, що супроводжують людину після травм або хвороб. Рекреаційний процес застосовується після лікарняних етапів відновлення з переважним застосуванням фізичних вправ, але їх оздоровча спрямованість ставиться авторами під сумнів, якщо вони не підкріплені рекреаційними чинниками, під якими автори розуміють умови виконання, що сприяють як підсиленню відновних процесів, так і покращенню функціонального стану більшості систем і органів людини. Є багато вправ, виконання яких супроводжується негативними чинника-

ми, такими як загазоване з вуличним пилом повітря, тверда поверхня, що викликає небажані для хребта, суглобів, стопи струси, недотримання методичних і практичних принципів теорії фізичного виховання, наприклад епізодичність занять тощо. Рекреаційні чинники, навпаки, підсилюють оздоровчий складник виконання вправ, наприклад, водне середовище з мінеральних джерел або м'яка трав'яна стежина у сосновому лісі, взуття з пружною устілкою, якісний склад повітря з фітонцидами та підвищеним складом кисню, а якщо ця стежина розташована на березі моря, з іонами йоду, натрію та кальцію морського бризу, то рекреаційний складник може досягати вищих оцінок. **Висновки.** Ідентифікація рекреації як процесу оздоровлення населення шляхом застосування фізичних вправ, що підсилені рекреаційними чинниками із завданням відновлення і покращення фізичного стану, здоров'я; профілактики і попередження можливих травм або захворювань; усунення залишкових явищ, що супроводжують людину після травм або хвороб, дозволяє більш чітко осмислити парадигму її застосування і місце в теорії і методиці фізичного виховання.

Ключові слова: рекреація, рекреаційні чинники, засоби, рекреаційні технології.

Introduction. The importance of the theoretical substantiation of the recreational process is connected with the introduction of the educational program "Fitness and recreation" (specialty 017 "Physical culture and sport") into the educational process of higher educational institutions that prepare specialists for the field of physical culture and sport. Along with this, the specialty physical therapy (rehabilitation) was separated and removed from the specialty 017 "Physical culture and sport".

Physical therapy (rehabilitation) is understood as the process of restoring damaged functional systems or human organs by all known means of treatment and physical therapy, which are used starting from the first day of the process while still in the hospital bed. While recreation is a process of improving the health of the population by using mainly physical exercises, which is used in the post-hospital stages of recovery and poses several tasks: recovery and strengthening of physical condition, health; prevention and prevention of possible injuries or diseases; elimination of residual phenomena accompanying a person after injuries or illnesses. Most experts can agree with this statement with some comments and additions, but there is no unanimous opinion regarding the means to be used!

The majority of physical education specialists include health-improving physical exercises as the main means of the recreational process. Some specialists consider leisure, rest and even such a category as free time to be the main factors of recreation [12; 11], with which other researchers categorically disagree [1; 4; 6; 13]. At the same time, we put forward for discussion such a category of the recreational process as recreational factors, which serves as the subject of research in our work.

The purpose of the work is to analyze the main means of the recreational process, the role and place of such a component as recreational factors in this process.

Material and methods. Research methods: analysis and generalization of the data of scientific and methodical literature regarding the means of the recreational process, scientific and methodical substantiation of recreational means, their application and essence, theoretical elaboration of the authors' own practical experience in teaching the disciplines "Recreational technologies" and "Theory and technologies of health-recreational motor activity".

Research results. A review of literary sources proved that the range of means of recreation is quite wide and diverse, under different names, but at its core it has physical exercises, for example, active recreation, tourism. There are also many definitions of the term "Recreation" or "Physical recreation", but the analysis of these definitions is not part of the task of our work, especially since a detailed and qualified review of them is given in the monograph of O.V. Andreeva (2014). The main thing is that most authors consider *exercise as the main means of physical recreation* (Andreeva O. V., 2014; Berdus M. G., 2003; Vashchenko N. P., 2005; Husak V. V., Moseichuk Yu. Yu, 2013; Oleksienko Y. I., and others, 2017; Prystupa Y. N., Zhdanova O. M., Linets M. M., 2010; Krutsevich T. Yu., Bezverhnya G. V., 2010; Tovt V. A., Marionda I. I., Sivohop E. M., Susla V. Ya.,

2015). Also, to means of recreation Krutsevich T. Yu., Bezverhnya G. V., 2010; include sports games, competitions during active leisure time, but these are also physical exercises, it is not known only how the intensity, preparedness of the participants, the emotional component of these competitions can be regulated so as not to harm, that is, the health component of these means used by untrained people is in great question.

Some specialists (Fedyai I. O., 2017, Prystupa Y. N., 2010, and others) include such categories as "free time, leisure, rest" in the concept of recreation, which have their own city and significance in social work, which is a real works of specialists in social pedagogy, social-educational work, animation activities (V. Y. Bochelyuk, 2006; I. V. Gimro, 2012; V. V. Petruk, 2022; N. V. Yaremenko, 2007; and others). The topical importance of research on the use of free time, leisure, recreation and their practical application in sanatoriums, children's institutions and schools, large shopping and entertainment centers, etc., is undeniable, but the episodic nature of application, non-compliance with the principles and methodological provisions of the theory of physical education requires scientific justification of their interaction with recreation process.

For some reason, all researchers call recreational exercise recreational, but is it so?

The main condition for compliance with the above criterion is compliance with the principles and basic provisions of the theory and methodology of physical education. In our case, it is regularity, compliance with the individual condition and other principles, and the exercises themselves, in our opinion, should be enhanced by *recreational factors!*

Let's analyze, for example, the same running on street sidewalks, which has at least three negative factors: hard covering of the running surface, and in most cases hard soles of shoes, poor-quality dusty air with emissions of heavy metals and carbon dioxide, insufficient oxygen content. Let's transfer this run to the grassy path of the park zone, and preferably the pine forest, and wear shoes with high-quality shock-absorbing insoles. Negative factors – numerous tremors of the spine, joints, feet are significantly softened or disappear, the lungs begin to receive clean with a high-quality content of phytoncides, oxygen, sometimes ozone, air, that is, instead of negative, we received positive – recreational factors that contribute to the health of the body. There can be many such examples.

Therefore, for a qualitative evaluation of the recreation process, it is necessary to add such a category as *"recreational factors and means"* that enhance the health-improving effect of physical exercises:

1. The water environment with its special unique properties (half-weight of the body, density, heat capacity, significant water resistance, etc.). It can be both natural (lakes, rivers, seas) and artificial water bodies (swimming pools), with fresh, sea, mineral water; baths with different fillings of impurities, both of mineral and artificial origin, showers, etc.

2. The air is clean, without impurities of harmful substances, enriched with oxygen, phytoncides of coniferous trees, grasses, flowers of meadows and steppes, or saturated with ions of iodine, potassium, calcium, sodium and other elements of sea air or sea breeze on the coast.

3. Solar radiation, which is useful within dosage limits, for example, in the morning and evening hours, contributes to the formation of vitamin D, the treatment of some diseases. Excessive exposure during daytime hours at high air temperature can cause burns, overheating and dehydration of the body, especially in the elderly.

4. Heat (baths, saunas) and cold exposure (cryo chambers, winter bathing and cold hardening of the human body).

5. Providing comfort to the joints during health-improving movement exercises. For example, running on street cobblestones is accompanied by hard jolts of the joints – the lower the joint, the greater the weight of the body causes the upper bone of the joint to hit the lower one, and such an impact occurs with each landing of the body on the forward foot. This is accompanied by constant tension of ligaments and muscles, the reduction of which partially mitigates the shocks, but if the ligamentous-

muscular apparatus of the joints is weakened, especially in the elderly, and in addition, the intervertebral discs are significantly worn or damaged, then the consequences of such running negatively affect the musculoskeletal system and internal organs. Transferring running in a park or forest to soft, grassy paths and additional use of elastic insoles in shoes immediately softens these shocks and provides comfort to the joint-ligamentous apparatus.

6. Use of climatic recreational resources.

7. Tourist hikes: walking, cycling, skiing, water, mountain, caving, underwater diving, local history, the disadvantage of which is episodic nature, but the addition of restorative and health activities in the interval between hikes significantly strengthens their recreational orientation.

8. Color perception, musical accompaniment of movement exercises, active leisure and other factors of recreation.

9. Active leisure time in nature (which includes a sufficient amount of such physical exercise as walking or running, or entertaining movement games of moderate intensity) using recreational factors (zoo farms, visiting which provides psychological relief, relaxation and therapeutic effect: bee farms, hippo farms).

10. Visiting unique tourist sites: waterfalls, river canyons, rocks, landscape views, mountain peaks, which require long-term muscular effort to visit them and provide aesthetic pleasure and improve psychological state and balance.

11. An interesting factor is ordinary rain, as it contains both positive components (improvement of air quality due to reduction of dust, emissions, increase of oxygen and ozone content, reduction of air temperature in hot summer weather), and deterioration of surface quality during running, wetting clothes, etc. This natural phenomenon should probably be treated individually – if the rain helps and improves your well-being, then it is a recreational factor, if it worsens the conditions for your exercise, then it is a negative factor.

On the other hand, consider the *consequences* of playing and running activities *that are not supported by recreational factors.* When running on cobblestones or on concrete slabs, pavement tiles, the runner's spine, hip, knee and ankle joints and the joints of the foot are adversely affected by shocks after each foot landing on a hard surface. There are a lot of these shocks, approximately every 70 centimeters (the average step of a runner) there is a shock, that is, 1430 shocks per 1 kilometer of a distance that can reach 4–30 km or more. All of them have a destructive effect on the intervertebral discs and the corresponding intra-articular surface, cartilaginous formations and muscle-ligamentous structures of the joints of the lower limbs. Hard shocks for internal organs after certain diseases are also undesirable.

An additional negative effect is on the respiratory and nervous systems, since city streets are significantly gassed – emissions of carbon dioxide and heavy metal oxides as products of gasoline and diesel combustion reduce the oxygen content in the air and are very dangerous for runners, as they are harmful and poisonous to the body, especially for the nervous and respiratory systems. To this must be added the difficult conditions in which the runner's body is, because he performs intense muscular work, which requires increased ventilation of the lungs and significant consumption of oxygen to provide the body with energy, and instead he receives completely unnecessary dust, lead oxides, and other heavy metals and carbon dioxide.

What can be done to strengthen the health-improving orientation of these races through the streets in the city center (an example is the cobbled Bohdan Khmelnytskyi Square in Kyiv), which sports officials like to conduct, accompanied by television cameras of various television channels! Before all compliance with recreational requirements! That is, you need to conduct these cross-country races and marathons in other locations, in particular in a suburban park or forest, where there is an opportunity to run on dirt soil or a path covered with grass. Of course, you can make a track of rubber plates that will spring with each landing, or at least a track covered with granite fine screening. Unfortunately, this requires significant funds, which is very problematic nowadays. You can also improve the

quality of sports shoes by using soft and elastic insoles, for example, made of foamed polyethylene, which significantly soften shocks.

The conditions of a forest or park significantly change the nature of breathing and gas exchange, in the forest there is comfortable air enriched with oxygen, ozone and phytoncides. An even more comfortable recreational factor will be a path on the coast of the sea in a pine forest (for example, in the Crimea or near the village of Milekino on the Sea of Azov, or Primorske in the Odesa region), where the action of sea air ions and phytoncides of the pine forest, the absence of dust and the saturation of the air with oxygen are combined.

An important factor is the air temperature during running, with a decrease of which to minus 10–20 degrees Celsius, the factor of increasing the runner's toughness increases, but at a temperature of -10 to -20 degrees intensive loads are already undesirable, there is a threat of inflammation of the lungs, bronchitis, especially with a significant by increasing the volumes of pulmonary ventilation. For health and recreational activities, temperatures down to -10 C are quite comfortable, provided that the intensity of the load is limited to the threshold of anaerobic metabolism. A significant increase in temperature up to +30-40 degrees is also undesirable and even dangerous, especially for people of the second mature age and the elderly – there may be heatstroke, dizziness, loss of consciousness.

Even swimming, which is considered a safe type of recreational activity and takes place in a recreational aquatic environment, can have its drawbacks. Yes, the water temperature is 24 degrees, which is quite suitable for training athletes, it can be harmful for recreationists with cerebral palsy, for people with frequent seizures – they need a temperature of 30–32 degrees, and for young children or the elderly, a temperature is desirable of 28–30 degrees. The requirements regarding the final chlorine content in the water are not always met, as the water is usually disinfected with chlorine, which is harmful to the respiratory and nervous systems of pool visitors. In general, pools are divided by the method of disinfection into: a) chlorine – most pools in Ukraine; b) disinfection with sodium chloride (ordinary table salt is used – the pool of the Kyiv Polytechnic Institute); c) silvering with ions of silver or even gold (expensive methods, used mainly in small private pools); d) ultraviolet or other types of irradiation; e) disinfection is not used in open pools with mineral water (mainly in Transcarpathia, for example in Berehove or in the south of the Kherson region) and with sea water – this water is a specific factor and can be useful for visitors with final symptoms after injuries and diseases of the musculoskeletal system locomotor apparatus and patients of some nosologies. In open pools, the chlorine content is significantly reduced, which allows you to breathe more or less normal air under the condition of a favorable location of such a pool.

Even under the condition of observing the most favorable recreational conditions of the 50-meter pool with mineral water in the city of Berehove (Transcarpathia), the functioning of the pool does not correspond to recreational technologies. Visiting the pool, as in all similar locations, is paid, but the management of the operation is at a low level – there is no educational work on the principles and conditions of recovery, there is no effective consultation of doctors or recreation specialists, or physiotherapists – as a result, most visitors in the pool move very little or not at all lie on distribution tracks made of semi-flexible plastic pipes and with sufficient strength built into the sides of the pool. Only some enthusiasts swim and perform a certain volume, based on their own ideas about the necessary swimming distance, but this distance can be either too much or not enough to cause adequate physiological changes – in the first case, it will be harmful to health visitors, in the second – it will be insufficient to restore their physical condition and health. Thus, such a favorable recreational location in Berehove, the like of which is very difficult to find both in Ukraine and in Europe, is actually ineffectively used for health purposes. Where does it follow that "recreational factors" are not identical to the concept of "recreational conditions". Recreational conditions become recreational factors only when they enhance the

effectiveness and health-promoting direction of physical exercises and activities (as well as sports), and the conditions only create circumstances for the use of recreational factors.

The second example is a lake in a country village in the Kyiv region, of which there are thousands in Ukraine, to the opposite side, overgrown with reeds, only about 25–30 meters long, about 400–500 meters long. The water is warm in summer, as the lake is shallow and well warmed by the sun. On the reed-free and steeper shore, the summer residents set up an improvised beach, rest, sunbathe, swim in the evening, that is, enter the water, move 2–5 meters, squat in the water, and return to the shore, and only a few swim to opposite bank or to the middle – 15 m and in the opposite direction. This is where the active part of recreation ends. There are many such ponds and lakes in Ukraine, not to mention the coast of the Azov and Black seas, but does such "active leisure" have the proper effect on the human body? By no means! At first, such rest is episodic, while the theory of physical education requires regular physical exercises, which the population does not always know about, and experts do not always focus on this! Secondly, the volume and intensity of "leisure" exercises should be scientifically based in accordance with the physical condition and health of each person. Abuse of solar radiation during daytime hours is also negative, which leads to burns and some skin diseases, malaise, high blood pressure, and headaches.

Inadmissible location of sports halls (usually equipped with strength training machines) in poorly ventilated basements, where direct sunlight that kills germs does not penetrate, access to fresh air is not always ensured even in the presence of ventilation devices. Fluorescent lighting prevents the production of melatonin, and instead stimulates the intensive release of cortisone, the so-called "stress hormone", which leads to nervousness and irritability, increased fatigue due to sleep disturbances. These factors are superimposed by heavy physical exertion, especially of a power-oriented nature, which, in conditions of lack of oxygen and lack of sunlight, have a detrimental effect on the immune system, can increase blood pressure, pulse rate, blood sugar level, and even cause symptoms of depression.

In contrast to similar "swinging" halls, there are training grounds equipped in the fresh air, to which everyone can freely access, and although the quality of the training equipment is lower than in basement halls, the presence of recreational factors and accessibility provide a more significant health-improving effect. Unfortunately, the number and quality of such sites are still insufficient.

What conclusion can be reached from the given examples? Not all physical exercises, and even more so "active recreatio" are health-promoting due to the absence of recreational factors that should enhance (and not impair) the effectiveness of their performance. On the other hand, not every favorable location in terms of recreational conditions is optimally used for health and recreational purposes due to the lack of the most important component of recreation – regular physical exercises, which, on the one hand, should correspond to the individual characteristics of the recreationist's physical condition and health, and on the other – to be enhanced by recreational factors.

Filling educational programs on recreation with scientifically based and adequate materials that objectively assess the main provisions of the recreational process will significantly increase the effectiveness of the educational process and the quality of training of physical culture specialists. In particular, it is important to introduce the discipline "Recreational technologies" into the educational program of higher educational institutions training specialists in fitness and recreation.

Discussion. We present our proposed category of "Recreational factors" as a component of the recreational process without complying with the requirements of which the health-improving orientation of the applied physical exercises can be questioned. Unfortunately, the proposed category was not investigated by specialists who substantiated the effectiveness of the recreational process and the means of its filling. Regarding means, there are differences in the consideration of their relevance to the recreational process, from the categorical denial by John Shivers [13] and Olena Andreeva [1] of

the category of free time to the number of means of recreation, to a group of specialists who profess the opposite opinion [8; 9; 11; 12], but we take a clear position of not supporting the inclusion of such categories as free time, leisure, etc. in the means of recreation, it is another matter that these categories should be considered in sociology, leisure studies, social pedagogy, socio-educational work, and animation activities.

Conclusions. 1. Understanding the rehabilitation process is impossible without the formation and definition of the category (definition) "Rehabilitation factors".

2. By "Rehabilitation factors" we understand the performance of physical exercises under the conditions and with the assistance of factors that strengthen their health-improving orientation and active restoration of functional systems.

3. Identification of recreation as a process of improving the health of the population through the use of physical exercises enhanced by recreational factors with the task of restoring and improving physical condition and health; prevention and prevention of possible injuries or diseases; elimination of residual phenomena that accompany a person after injuries or illnesses, allows to more clearly understand the paradigm of its application and its place in the theory and methodology of physical education.

4. Such categories as "free time, leisure, entertainment, rest" have their own place and meaning in social work, social pedagogy, animation and educational work, are important and necessary for their practical application in sanatoriums, children's institutions and schools, large commercial entertainment centers, etc., but the episodic nature of application, non-compliance with the principles and methodological provisions of the theory of physical education requires identification and scientific justification of their interaction with the recreation process.

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