

Recreation needs of personality as the basis of the functioning of recreation geography

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RESEARCH ARTICLE

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Keywords: recreational geography, recreational needs, physical strength, spiritual health, functionality of recreational geography, recreational activities, territorial organization of recreation, recreational resource potential, recreational and tourist infrastructure.

Annotation: the importance of the research problem lies in the attempt to solve an important task of modern recreational geography, which involves a clear formulation of its functions and the disclosure of possible ways to form and meet the recreational needs of the individual. New in the work is the idea of expanding the structural units of recreational geography, which will make it possible to improve recreational activities in terms of their relation to certain territories. The practicality of the article as a factual material will allow the use of various views of scientists on the problem in the study of recreational geography by higher education students and the promotion of their views on the need for recreational activities of the individual as an important element in the restoration of personal strength. The study used generally accepted methods: analysis of literary sources on the outlined topic, their processing, description and generalization.

The main result of the work was the confirmation of the idea of recreational needs as the basis for the functioning of recreational geography (medical and biological, socio-cultural, economic, and political functions of recreational geography).

1. INTRODUCTION


Recreation, derived from the Latin «recreation» (restoration, break) and the French «recreation» (entertainment), refers to the restoration of a person's moral, physical, and spiritual strength through engagement in specific activities that differ from their usual work. It encompasses not only the activities themselves but also the spaces where they occur. «Thus, recreation defines not only certain leisure activities but also the associated spaces, expanded reproduction of physical, intellectual and emotional forces of a person» (Hurova et al. 2010).

Furthermore, recreation forms an integral part of societal development and individual lifestyles. It contributes to diversifying the social functions of individuals and communities.

Humans possess an innate desire to travel, which reflects a healthy personality's need to reduce tension and maintain a dynamic balance. This aligns with Freud's theory of instincts, where individuals strive to maximize pleasure while adhering to social norms.

Modern psychology emphasizes the role of needs, exceeding the simplistic notion of instincts, as motivating factors in human behavior. These needs influence various aspects of

2024, 847; DOI: <https://doi.org/10.31861/geo.2024.847.103-108>

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опубліковано у Чернівецькому національному університеті

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human activity, contributing to the diverse purposes of recreation, including therapeutic, health, educational, sanatorium, sporting, and developmental goals. Each purpose can be pursued independently or combined with other recreational activities and tourism.

When choosing a type of recreation and its location, individuals (or groups) specify their goals and desired experiences. The individual's needs influence this choice, including factors like geographical availability, accessibility of resources, infrastructure, transportation, economic and geographical factors, and social infrastructure development. This complexity necessitates a thorough understanding of the diverse recreational needs within the field of recreational geography.

2. ANALYSIS OF RECENT RESEARCH AND PUBLICATIONS

Numerous researchers, both internationally and domestically, have dedicated their work to understanding the development of tourism and recreation, addressing challenges related to demand (mention specific themes or challenges addressed in the research). The issues of individual recreational needs and the functionality of recreational geography are explored extensively in the works of authors like Beidyk (1998), Braslavskaya, Kravtsova (2018), Braslavskaya (2019, 2020), Velychko (2013), Krachylo (1994), Liubitseva (2002, 2019), Masliak (2008), Melnyk (2012), Nemets et al. (2015), Sazhneva (2008), Skrypnyk, Serdiuk (2013), and Fomenko (2007).

Regarding the discipline's classification, Braslavskaya, Kravtsova (2018) argue that «despite various methodological approaches, modern researchers emphasize recreational geography's belonging to the realm of social and special geographical sciences, alongside disciplines like geography of culture, education, and healthcare, where the target function of the studied object and subject can be defined as social». This highlights the inherent human and societal aspects influencing travel and leisure behavior.

Emerging trends in tourism and recreation:

- Globalization: as interregional and international relations deepen, tourism expands, fostering cultural exchange and economic opportunities.
- Accessibility: efforts to reduce or eliminate travel barriers (e.g., visa restrictions, transportation costs) and increasing tourism product diversification contribute to wider participation.
- Regionalization: this trend sees the formation of dedicated recreational and tourist zones, resort cities, and regional tourism markets, often fostering collaboration between countries.
- Informatization: the adoption of computer systems, telecommunications, and the internet significantly impacts information dissemination, booking processes, and overall travel experiences (Stechenko et al. 2012).

Sazhneva (2008) accurately states that «recreational needs, like demand, are socio-economic categories with historical roots. They are shaped by societal goals, social relations, and national traditions, reflecting the population's way of life». Pokolodna (2012) expands on this, emphasizing that «recreational needs influence the development of recreational activities at all levels, impacting their spatial and temporal dynamics, as well as territorial organization. Essentially, they represent the requirements for conditions that enable human recovery». This consensus underscores the importance of considering individual and evolving recreational needs within a socio-economic context. Anyone with free time, given a set of positive phenomena and relationships, can use it for recreational, educational, sports, cultural and entertainment activities. In most cases, such activities are carried out in special territories that are located within or outside the settlement and are not the place of permanent residence of the recreationalist. That is why, given the functionality of recreational geography, in order to carry out this type of activity, recreationists (service personnel) need to study the volume and structure of recreational needs of recreationists (vacationers). To do this, geography should, on the basis of interdisciplinary

interaction, not only use the results of other sciences, but also formulate requirements for them, which can be solved in the conditions of analysis and synthesis of the entire body of knowledge.

We believe that the organization of recreational space and its impact on recreationist satisfaction is sociological and socio-psychological in nature. That is why geography, sociology, and psychology are at the heart of recreational geography. «Sociology studies the recreational needs of social groups, establishing their connection with the needs of broader social systems and society as a whole. Psychology studies the psychological requirements for the recreational environment that are inherent in social groups and individuals. At the same time, recreational geography is primarily interested in the value orientations of socio-territorial communities, since they are the main ones in determining its functions» (Braslavska 2019).

It is known that it was the formation of the corresponding link in the social division of labor that contributed to the separation of recreational services into a separate branch of the non-productive sphere, which unites all activities related to the distribution, exchange and consumption of material goods and is subject to the relations that develop in society. The emergence of new requirements of the modern recreationist to meet her recreational needs has contributed to the need to revise the functionality of recreational geography. This issue has not been fully resolved and requires in-depth attention of scientists in several scientific fields.

For the further development of recreational geography, improvement of the process of organizing recreational activities in specific areas, it is necessary to clearly define the possibilities of its functioning and disclose the factors of formation of recreational needs.

3. RESULTS AND DISCUSSION

Several scholars have categorized the functionalities of recreational geography into distinct groups, such as medical-biological, socio-cultural, economic, and political. «Each of these groups is associated with a certain area of human activity, but there are no definite boundaries between them, since many of the needs of society are interconnected and interdependent» (Fediai 2017).

Based on their research, we can identify four key functions:

- Medical and Biological: providing health resort treatment and rehabilitation to address fatigue and promote overall well-being.
- Socio-Cultural: fulfilling cultural and spiritual needs through knowledge acquisition, self-discovery, and connection with nature, heritage, and community.
- Economic: reproducing the workforce by restoring energy and improving work performance through recreational activities and tourism, thereby increasing productivity and income.
- Political (Educational): educating individuals about their environment, cultural heritage, and social responsibilities through tourism and recreational experiences.

Braslavska (2020) emphasizes the socio-cultural function as paramount, citing its role in satisfying people's spiritual needs and fostering connections with the world around them. Additionally, recreation generates new consumer demand for goods and services, stimulating various industries and supporting economic growth (Liubitseva 2019; Malska, Khudo 2020).

Stechenko et al. (2012) propose several strategies to improve recreational activities and meet individual needs effectively:

- Optimizing Resource Utilization: studying and employing recreational resources, infrastructure, and financial resources efficiently.
- Regional and Interregional Collaboration: developing integrated tourism and recreation systems through targeted programs.
- Sustainable Development: fostering the social and economic growth of active tourism areas and resort services while prioritizing environmental protection.

- Clustering and Regional Planning: facilitating collaboration and strategic development of tourism businesses within regions.
- Integrated Regional Development: integrating tourism into the broader socio-economic fabric of regions.
- Information Systems: creating information systems to support informed tourism development policies.
- Market Development: developing programs to enhance regional markets for recreational and tourist services.
- Environmental Protection: studying the interaction between society and nature, and establishing environmental policies that support sustainable tourism development.

Pokolodnaya (2012) emphasizes the importance of a «cyclical» approach to recreational activities, emphasizing interconnectedness and tailored programs that cater to specific motivations, goals, and preferences. When venturing outside the country for health reasons, understanding the unique characteristics of the destination becomes crucial. **Maister (2020)** highlights the significance of «recreational rent», where revenue from tourism, both domestic and international, reflects the value placed on unique experiences and therapeutic environments. This view is supported by **Kalenjuk, Kotenko (2016)**, who underscore the economic benefits of international tourism, particularly in terms of foreign exchange earnings.

This revised version clarifies the functions of recreational geography, highlights strategies for improvement, and provides a more cohesive discussion of related concepts like recreational rent and the economic impact of tourism.

Recreation plays a pivotal role in fulfilling various social functions, including:

- Understanding Social Processes and Trends: by studying recreational activities and needs, we gain insights into broader social processes and global trends, allowing us to better understand society's changing priorities and aspirations. This analysis draws from diverse fields like economics, medicine, demographics, sociology, psychology, and even natural sciences.
- Patriotic Education and Cultural Connection: recreation, particularly tourism within a country, acts as a significant tool for patriotic education. By fostering familiarity with one's natural landscape, historical sites, and cultural heritage, it cultivates a sense of belonging and appreciation for the national identity. As **Braslavskaya (2014)** states, it involves temporary departures from one's permanent residence within national borders for leisure, knowledge acquisition, sports, and other tourism purposes. This connection is particularly evident in youth tourism and recreational activities.

Pokolodna (2012) proposes a comprehensive framework for understanding the factors that shape individual recreational needs. These factors can be categorized as follows:

- Socio-economic: level of income, cost of recreational services, free time availability, information access about offerings, etc.
- Demographic: age, gender, marital status, education, profession, social group membership, residence location (rural), etc.
- Personal and Behavioral: individual characteristics, lifestyle, interests, values, motivations, health, etc.
- Cultural and Socio-Psychological: priorities within societal value systems, consumption trends, influence of fashion, traditional recreational practices, etc.
- Resource and Environmental: availability and distribution of diverse recreational resources, ecological conditions, etc.
- Political: security of recreational regions and facilities, absence of conflicts, adherence to human rights standards, etc.
- In addition to Pokolodna's framework, **Velichko (2013)** highlights specific factors influencing the functionality of recreation and the formation of needs:
 - Natural: geographical location, climate, flora, fauna, etc.
 - Socio-economic: development of the recreation area (language, economic and cultural level).
 - Material: infrastructure like transportation, accommodation, catering, leisure facilities, etc.

- Infrastructure: communication systems, access roads, lighting, beaches, parking, etc.
- Recreational offer: availability and variety of tourism and recreational resources (sightseeing, educational, sports, entertainment, etc.).

By considering the numerous factors mentioned above, it becomes clear that the formation of recreational needs is a complex process influenced by natural, social, economic, cultural, and individual aspects. As various scholars have pointed out, effectively meeting these diverse needs necessitates a multi-faceted approach. This includes continuously seeking innovative approaches to the recreation industry, optimizing its operations, and enhancing the overall social, economic, and cultural development of society preservation of natural and cultural heritage (Polyvach 2019).

4. CONCLUSIONS

Thus, given the identified need to strengthen the functionality of recreational geography, one of the important issues is to assess recreational needs and determine the possibilities of meeting them at the current stage of socio-economic development of the state. This issue needs to be addressed in parallel with the study of the complex of needs for material goods of recreationists. Given that recreational needs are subject to the law of movement of the consumption structure, thorough methods and forms of territorial organization of recreation, further research should take into account the fact that different social and age groups of people have specific requirements in the process of recreational activities. These provisions, the justification of the classification of the requirements of different groups of recreationists to recreational resources, recreational activities, places of recreation, and the territorial organization of recreational activities are the subject of further research.

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Рекреаційні потреби особистості
як основа функціональності рекреаційної географії

Ключові слова: рекреаційна географія, рекреаційні потреби, фізичні сили, духовне здоров'я людини, функціональність рекреаційної географії, рекреаційна діяльність, територіальна організація відпочинку, рекреаційно-ресурсний потенціал, рекреаційно-туристична інфраструктура.

Анотація: важливість дослідницької проблеми полягає у намаганні розв'язання важливого завдання сучасної рекреаційної географії, що передбачає чітке формулювання її функцій та розкриття можливих шляхів формування й задоволення рекреаційних потреб особистості. Новою у роботі є думка про розширення структурних одиниць рекреаційної географії, що уможливлуватиме удосконалення рекреаційної діяльності з огляду на прив'язку до певних територій. Практичність статті, як фактичного матеріалу, дозволить використовувати різноманітні погляди науковців на проблему під час вивчення рекреаційної географії здобувачами вищої освіти та пропагування їхніх думок про потребу рекреаційної діяльності особистості як важливого елемента у відновленні сил особистості. У дослідженні було використано загальноприйняті методи: аналіз літературних джерел за окресленою тематикою, їх обробка, опис і узагальнення.

Головним результатом роботи стало підтвердження думки про рекреаційні потреби як основи функціонування рекреаційної географії (медично-біологічна, соціально-культурна, економічна, політична функції рекреаційної географії).