

Adult Recreational Demands and Barriers

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ABSTRACT

Aim: Increasing recreational demands primarily depends on eliminating the factors that prevent people from participating in recreational activities. Recreation demand depends on the planning of recreational activities by the administration and the development of recreational areas, starting from the choice of recreational activities on line with the leisure time demands of individuals. The main purpose of this study is to determine the recreational demands of middle-aged and older individuals residing in Kahramanmaraş, the factors that prevent their participation in recreational activities and the factors that should be considered during the development of recreation areas in Kahramanmaraş and the construction of new recreation areas.

Methods: In the research within the scope of the study, the leisure time barriers scale was applied in the recreation areas in Kahramanmaraş and the data collected from 600 volunteer participants were analyzed using the SPSS 21 program.

Results: According to the results of the research, it was determined that the first of the leisure time inhibitors that prevent the recreational demands of the upper middle individuals is the Lack of Knowledge sub-dimension. The sub-dimension of lack of information is followed by the psychology of the individual, lack of interest, lack of facilities, time and friends sub-dimensions, respectively.

Conclusion: Across the scale of leisure barriers, it was determined that the leisure time barriers perceptions of the participants did not differ statistically significantly according to their gender, marital status and income groups. It is seen that the perceptions of leisure time barriers of individuals over middle age differ statistically significantly according to the age groups, level of education and working status. It is seen that the factor affecting the "facility sub-dimension" of the leisure time barriers scale the most is the suitability of the facilities for their age group and the perceptions of the recreational participants, the upper middle class participants.

Keywords Free time, Recreation Leisure, recreation, recreational demand, middle age and older individuals.

INTRODUCTION

While considering the constraints of the sustainability of scarce natural resources, recreational activities should be planned to meet the needs of especially middle-aged users¹⁻⁶. These are individuals who have either completed their working life or stopped working, who want to relax and enjoy their old age. In city life, people who are tired and overwhelmed by work during the day and during the week seek social environments that will rest and relax them. While recreation meets the physical, psychological and social needs of people, recreation areas serve to meet this need. From the very beginning of human history, due to the nature of man's creation, he has wanted to work or have an occupation, but on the other hand, he has a desire not to work, to be lazy and to enjoy. In Ancient Greece, where the first ideas were produced on the necessity of not wanting to work and being lazy, it was claimed by the aristocrats that working and doing jobs based on muscle power were an action that only non-free individuals (slaves) should do; it has been said that hard work actually humiliates people. In this respect, the concept of leisure appears as a concept that people have struggled to have since the very beginning of human history and feel pain in its absence (Gül, 2014). The concept of leisure constitutes a structural feature of the contemporary industrial society and is a product of this type of society and has arisen from cultural conditions. It is difficult to explain the concept of leisure time without considering these conditions⁷.

Leisure is the time that the individual does not work and can spend voluntarily, apart from his life necessities and formal duties⁸. Free time reflects a lack of direction, while leisure time contains a potential that is open to direction. Every person can have free time, but not leisure time⁹. Although the concepts of leisure and free time are often used interchangeably in the literature, the concept of leisure will be used predominantly within the scope of this study. The qualities of leisure time are as follows¹⁰:

1. It is an activity that is relatively decided by the person himself.
2. It is psychologically enjoyable.
3. It has different levels of devotion and intensity.
4. It provides possibilities for recreation, develops the person and enables him to serve others.
5. Contains positive expectations.

Engaging in activities that qualify as leisure time activities is defined as leisure time participation. According to the definition

given by the International Leisure Time Study Group, "It is a series of occupations that a person can engage in freely after fulfilling his/her professional and social duties such as resting, having fun, improving knowledge or skills, and participating in community life voluntarily¹¹. Dumazadier mentions the three basic functions of leisure time. These functions are¹²: Rest or letting go, Fun, Self-development or development.

Cetinkaya et al. (2015) determined Atatürk Culture Park, Karaalioğlu Park and Kepez City Forest, which are located in three different locations in the city center of Antalya, as the sampling area in their research to determine the satisfaction and dissatisfaction factors for recreational park users. In the study, a total of 600 individuals, 303 women and 297 men, were surveyed. In the study, according to the results of the research, it was determined that the most important factors affecting the satisfaction of park users are accessibility and physical activity factors, and the most important factor determining their dissatisfaction is the maintenance and repair factor. It has been found that demographic characteristics and park users affect satisfaction and dissatisfaction factors¹³.

The research carried out by Gümüş (2016) to examine the factors of use of recreational areas designed by municipalities was conducted with park recreation area users whose valid sample consists of 919 people aged 18 and over living in Ankara. Gümüş used Recreation Area Preference Factors (RATE) and Recreation Area Participation Barriers (RAKE) scales, the validity and reliability of which was tried to be proven in this research, as data collection tools. The findings obtained from the research show that the recreational area preference factors of the participants differ according to gender, marital status, age and income level; In addition, it shows that barriers to participation in recreational activities differ significantly according to marital status, gender, age and income level¹⁴.

In their studies, Karasakiz and Dinçer (2019) aimed to determine the purpose for which the physical activity areas designed by the Kahramanmaraş Metropolitan Municipality to carry out recreational activities used by the citizens and the reasons for the citizens to prefer these areas. Within the scope of this research, the physical activity space rating scale, which was developed to evaluate the recreation area use of individuals, was used. As a result of the analysis and evaluations; they found that the physical activity areas designed by Kahramanmaraş

municipality for the purpose of carrying out recreational activities, the choice of physical activity venue and the factors that prevent participation in physical activity differ significantly according to the demographic variables of gender and marital status. In the sub-dimension of the factors that prevent participation in physical recreation activities, significant differences were found in the variable of age, occupation and the time that the participants allocated for activities. It has been determined that the perceptions of the adequacy of the recreation areas designed by the municipalities differ significantly according to the income status of the participants, with whom they participate in the activity, whether the leisure time is sufficient, the reasons leading to the recreational activities and the effects they have on the participants ¹⁵.

Öz and Ardahan (2019) tested the validity and reliability of the "Village Recreation Barriers Scale (CIS)" in order to determine the leisure time inhibitors of the people living in the village. The scale was applied to a sample of 231 people from Karatepe and Gökçam Villages, which are 12 km away from Antalya city center. As a result, the scale consists of 11 factors in total and the results showed that the CIRS is valid and reliable for the Turkish population ¹⁶.

Güçer et al. (2019) conducted a survey with a total of 407 people in Giresun Province in order to determine the activities that local people prefer and do not like in their spare time, and to shed light on local governments and related organizations in their work. At the end of the research, it was determined that going to the plateau, watching TV, listening to music are the most preferred recreational activities by the local people. It was also found that there is a significant relationship between demographic characteristics and participation in leisure activities ¹⁷.

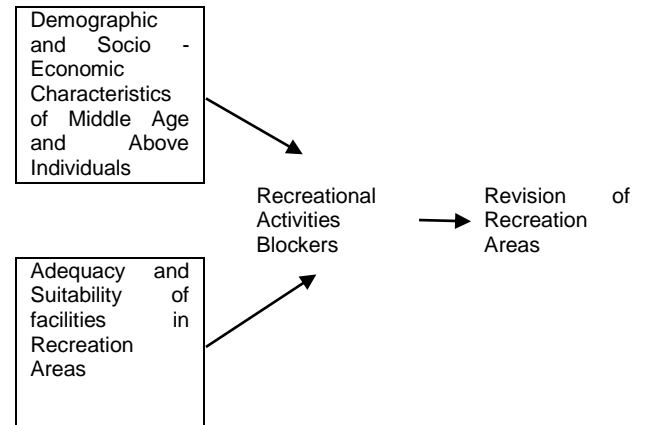
In this sense, it is also aimed that the work will shed light on the development and restoration of recreation areas and the ability of middle-aged and older individuals who carry out recreational activities to spend their free time more efficiently, more comfortably and healthier

MATERIAL AND METHOD

The questionnaire containing 18 (eighteen) questions, other than demographic information, which aims to reveal the obstacles in front of recreational activities of the middle age and older people of Kahramanmaraş province, the preference of the type and area of recreation, their relationship with these areas, their satisfaction status and demands from the areas, is the research material that enables the recreational demands and tendencies to be obtained by face-to-face interview method. This study focuses on the recreation demands and preferences of middle-aged and older people and the reasons for not participating in recreational activities. There is no recreation-themed work in the literature that is done by limiting the theme in this way. For this reason, the study is unique and original as of the period it was made. The results of this research are expected to reflect the recreation preferences of middle-aged and older individuals for recreation areas within the borders of Kahramanmaraş province. Separate studies can be carried out for other recreation areas and for other age groups. It was accepted that the people who answered the questionnaire by participating in the study answered the data collection scales impartially and honestly. In the scope of the research; during the formation of the theoretical foundations, determination of the study method and preparation of the questionnaires, the factors affecting the recreational demands and preferences, and the previous studies on recreational planning were used as material.

In this study, it was tried to determine what the hindering factors for recreational activities in Kahramanmaraş were based on the demographic characteristics, demands, preferences and expectations of middle-aged and older people who participated in the research. It is thought that this determination, together with more comprehensive studies to be done in the future, will help in designing the areas where recreational activities are carried out in a way that can meet the demands of middle aged and older

individuals. From this point of view, the model of the research is structured as in the figure below.



600 of the visitors over the age of 45, who were active in the recreation areas above within the borders of Kahramanmaraş province, were determined as the sampling area. The questionnaire was applied to 600 people by random selection while they were performing activities in the recreation areas.

According to TÜİK data, the information of the population of Kahramanmaraş province in 2019 regarding individuals over the age of 45 is as follows:

Table 2. 1: Kahramanmaraş Population ¹⁸.

Year	Kahramanmaraş Population	Male Population	Female Population
2019	1,154,102	586,616	567,486

Table 2. 2: Distribution of Kahramanmaraş Population Over 45 ¹⁹.

Year	Age range	Number of Persons	Percentage of Provincial Population
2019	Age 45-49	70,372	6.10%
2019	50-54 Years	54,714	4.74%
2019	55-59 Ages	51,087	4.43%
2019	Age 60-64	40,428	3.50%
Middle Ages (45-64) total		216,601 people	
2019	Age 65-69	32,345	2.80%
2019	Age 70-74	25,415	2.20%
Middle Age and Above Research Universe		274.361 people	
2019	Age 75-79	17,084	1.48%
2019	80-84 Age	10,015	0.87%
2019	Age 85-89	6.147	0.53%
2019	Age 90+	2,585	0.22%
Grand total over 45 years old		310,192 people	

Source: TÜİK ²⁰. Assuming that individuals over the age of 74 will not or will not be able to come to the recreation areas, individuals over the age of 74 have not been taken into account while determining the population. According to the World Health Organization, the age range of 45-64 is considered as middle-aged. In the Kahramanmaraş province population, the sample will be formed by selecting people between the ages of 45-74. Sample size; It should be large enough to represent the sample, should be suitable for the time and cost possibilities of the researcher, and should be large enough for some statistical analyzes to be used in the future. Qualitative research, by its nature, usually works on small samples. In survey type studies, the sample is kept larger (200-500). Considering the principles of application of the survey method and the criteria of providing statistical data in the research, the survey was applied to 600 people, who were determined as the sample area, in the recreation areas with random selection in order to ensure that the survey results represent the province of

Kahramanmaraş. The first part of the questionnaire includes the participants' middle age group, gender, marital status, education level and income level. The second part of the questionnaire is the part that measures the adequacy of the recreational facilities of the participants in Kahramanmaraş in terms of number and quality, and the level of execution of activities and activities that appeal to the middle-aged group. The third part of the questionnaire is the "leisure time facilitator" (LFS) scale. It consists of 18 questions, and what the questions express as factors are given in the table below. The questions were scaled with a 4- point Likert scale.

Factor	Item Numbers		Cronbach Alpha
Individual Psychology	1-2-3	3 items	0.77
Lack of Information	4-5-6	3 items	0.86
Facility	7-8-9	3 items	0.80
Lack of Friends	10-11-12	3 items	0.81
Time	13-14-15	3 items	0.65
Lack of Interest	16-17-18	3 items	0.76
TOTAL		18 items	

Data collection tools were applied to people over middle age who were found/found at least once in the above-mentioned 7 recreation areas of Kahramanmaraş Province in June, July, August and September 2020. During the application of the scales, the participants were informed that the research was related to the recreational areas in Kahramanmaraş and that the statements in the questionnaire should be evaluated in this context. After the data obtained at the end of the data collection process was checked by the researcher, data entry was made in excel, and then transferred to SPSS 21 software and analyzed.

Factor analysis was used to explain the factors that hinder the demands of upper-middle-class individuals regarding recreational park areas. Cronbach's Alpha analysis was performed in order to reveal the reliability of the factor groups obtained. Factor analyzes, independent sample t-test and one-way anova analyzes were carried out in order to explain the differences between demographic characteristics and park usage characteristics of the factors that hinder the demands of over-middle-aged individuals for recreation areas in Kahramanmaraş Province. The findings are shown in tables.

Frequency and percentage analysis were used to determine the demographic characteristics and recreational area usage characteristics of the participants. Accordingly, the demographic characteristics of the participants who voluntarily contributed to the research are summarized in Table 3.1 below.

RESULTS

Table 3.1. Demographic Information of Participants.

Variables	Groups	Frequency (n)	Percent (%)
Gender	Woman	268	44.7
	Male	332	55.3
	Total	600	one hundred
Marital status	single	261	43.5
	married	339	56.5
	Total	600	one hundred
Age	Age 45-64	269	44.8
	Age 65-74	175	29.2
	Age 75-89	125	20.8
	Age 90 and Over	31	5.2
	Total	600	one hundred
Educational Status	Primary school	64	10.7
	Middle School	208	34.7
	High school	177	29.5
	University	60	16.5
	graduate	52	8.7
	Total	600	one hundred
Income rate	Lower Income Level	326	54.3
	Middle Income Level	213	35.5
	Upper Income Level	61	10.2
	Total	210	one hundred

When the demographic information of the participants in the table is examined;

- When the survey participants were analyzed by gender, it was determined that 268 (44.7%) were female and 332 (55.3%) were male.
- When the marital status of the survey participants is examined, it is seen that 339 (56.5%) participants are married and 269 (43.5%) participants are single (widowed, divorced, widowed).
- Of the survey participants, 269 (44.8%) were between the ages of 45-64 , 175 (29.2%) were between the ages of 65-74, 125 (20.8%) were between the ages of 75-89, 31 (5.2%) are in the age group of 90 and over.
- Considering the education levels of the survey participants, 64 (10.7%) participants were at primary school, 208 (34.7%) were at secondary school, 177 (29.5%) were at high school, 99 (16.5%) were university graduates, 52 It was determined that the person (8.7%) received education at the graduate program level.
- Looking at the employment status of the survey participants, 82 (13.7%) are unemployed or not working, 321 (53.5%) are working, 101 (16.8%) are still working despite their retirement, 96 (16.5%) It was determined that he was not working although he was retired.
- 326 people (54.3%) of the survey participants stated that they have low income level, 213 people (35.5%) have middle income level, and 61 people (10.2%) have high income level.

Table 3.2: Scale Items

		Scale Mean When Item Is Deleted (%)	Variance Measured When Item Is Deleted (%)	Adjusted Correlation	Item-Total	Cronbach's Alpha When Item Is Deleted
Lack of individual psychology	1.Activities make you feel tired	42,2000	30,634	,378	,626	
	2.Feeling tired	42,0033	32,067	,249	,643	
	3.Fear of getting hurt	41,7883	31,860	,285	,639	
Lack of knowledge	4.Not knowing where to learn	41,7317	30,995	,329	,632	
	5.Not knowing where to attend	41,8050	32,221	,274	,640	
	6.Having no one to teach	41,7550	32,880	,131	,657	
Lack of facilities	7.Inadequate facility equipment	42,0883	30,685	,381	,626	
	8.Inadequate facilities	42,0117	30,970	,351	,630	
	9.The facilities are crowded	41,8867	32,475	,165	,653	
Lack of friends	10.My friends don't have time	42,2600	31,538	,304	,636	
	11.No one to join together	42,2583	31,384	,318	,634	
	12.My friends do not like to participate in such events	42,2667	32,029	,198	,649	
Lack of time	13.Having to make time for family	42,3633	31,697	,274	,639	
	14.Having to make time for social activities	42,2583	31,868	,245	,643	

Lack of attention	15. Inappropriate schedule times	42,4000	31,943	,176	,653
	16. Disliking such activities in the past	42,4067	32,392	,188	,650
	17. Not relevant	42,3600	32,278	,193	,649
	18. Not wanting to disrupt routine schedules	42,1583	32,330	,124	,662

Table 3.3: Rotated Factor Matrix

lower dimension		Factor Loading Values (Factor Coefficients)					
		one	2	3	4	5	6
individual psychology	1. Activities make you feel tired	,199	,689	,060	,149	-,007	,066
	2. Feeling tired	-,154	,852	,152	-,058	,008	,082
	3. Fear of getting hurt	,218	,583	-,234	,201	,050	,042
lack of knowledge	4. Not knowing where to learn	,632	,102	-,152	,303	,088	,099
	5. Not knowing where to attend	,798	,035	,016	-,023	,000	,023
	6. Having no one to teach	,416	,233	-,043	-,030	,207	-,353
facility failure	7. Inadequate facility equipment	,215	,012	,095	,712	,132	,065
	8. Inadequate facilities	-,066	,213	,069	,798	-,069	,085
	9. The facilities are crowded	,310	,102	,071	,306	-,540	,109
lack of friends	10. My friends don't have time	,328	,166	,361	-,093	-,105	,466
	11. No one to join together	,213	,102	,111	,062	,090	,740
	12. My friends do not like to participate in such events	-,126	,073	-,047	,270	,139	,575
lack of time	13. Having to make time for family	,103	,112	-,016	,161	,711	,145
	14. Having to make time for social activities	,158	-,018	,214	,052	,777	,031
	15. Inappropriate schedule times	-,045	,011	,680	-,012	,263	,044
lack of attention	16. Disliking such activities in the past	,056	-,043	,724	-,006	-,077	,163
	17. Not relevant	-,133	,065	,638	,251	,014	-,116
	18. Not wanting to disrupt routine schedules	,296	-,005	,043	,309	,027	-,398
Extraction Method: Principal Factor Analysis, Rotation Method: Kaiser Varimax with Normalization .(a) (a) The rotation converged in 9 iterations .							

Table 3.4: Ranking of Factors Determining Leisure Time Barriers of Individuals Above Middle Ages as a Result of Factor Analysis

Factor	Item Numbers	Exploratory Scale Alpha Coefficient	Cronbach	Factor Eigenvalues (% Variance)	Rotational Eigenvalues (% Variance)
1. Lack of Knowledge	4-5-6	0.86		15,845	9,895
2. Individual Psychology	1-2-3	0.77		10,356	9,590
3. Lack of Interest	16-17-18	0.76		8,599	9,514
4. Facility	7-8-9	0.80		7,316	9,270
5. Time	13-14-15	0.65		6,812	8,841
6. Lack of Friends	10-11-12	0.81		6,453	8,271

DISCUSSION

It is seen that the general characteristics of the over-middle-aged individuals, which are also reflected in their recreational demands, are that the majority of them have retired and their active working life has been completed, their physical strength has decreased, and their health status has begun to deteriorate. The need for recreation areas where middle-aged and older individuals can spend their spare time effectively and efficiently is increasing day by day. Local governments should take into account the wishes and demands of middle and older individuals when planning recreation areas. In this study, which also investigated how the recreation demands of middle-aged and older individuals differ according to age groups, gender, marital status, education level, employment status and income status, many striking findings were reached on this subject. While some of these findings are compatible with the findings of previous studies in the literature, some findings are different¹³⁻¹⁷. It is thought that these differences arise from both the methods and techniques used, and the differences in the target audience and subject recreation area. In this study, the recreation demands shaped according to the demographic information of middle-aged and older individuals and the factors that prevent recreational activity are mentioned below. It is necessary to carry out enlightening, introductory and informative studies on the importance of leisure activities that will ensure that the people of the Middle Ages and above enjoy the pleasure of the Kahramanmaraş Metropolitan Municipality, make them conscious about successful aging, make them feel happy and increase their health quality. Reducing the effects of the lack

of information sub-dimension as a recreational activity inhibitor of this study depends on this.

CONCLUSION

The findings of this study show that in the sub-dimension of individual psychology, physical activities are the least preferred leisure time activities by middle-aged and older individuals, as they are tiring and involve the risk of injury. In order to increase the perception of conscious aging and improving health quality in middle-aged and older individuals, physical activities including light sports and exercise types should be encouraged by local governments.

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