

Recreational activities to promote the incorporation of the Elderly in the community "La Tinta" in Maisí

Actividades recreativas para potenciar la incorporación del Adulto Mayor en la comunidad "La tinta" en Maisí

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ABSTRACT

This article aims to propose recreational activities to promote the incorporation of the elderly. The research was carried out in the community "La Tinta" of Maisí municipality where research methods and techniques were applied to determine tastes, preferences and needs as a basis for the elaboration of the proposed activities. These activities constitute a tool for sports and recreation personnel in order to ensure that this sector of society has a more active and pleasant life.

Keywords: Recreational activities; Elderly; Aging; Free time

RESUMEN

El presente artículo tiene como objetivo proponer actividades recreativas para potenciar la incorporación del adulto mayor. La investigación se desarrolló en la comunidad "La Tinta" del municipio Maisí donde se aplicaron métodos y técnicas de investigación para determinar los gustos, preferencias y necesidades como base para la elaboración de las actividades que se proponen. Estas actividades constituyen una herramienta para el personal de deporte y recreación en función de lograr que este sector de la sociedad tenga una vida más activa y placentera.

Palabras clave: Actividades recreativas; Adulto mayor; Envejecimiento; Tiempo libre

INTRODUCTION

Work with the elderly in Cuba and in the world has evolved dialectically and vertiginously over the last five decades, appearing new approaches and trends that

do not completely deny the previous ones, since the studies carried out demonstrate this. Physical and recreational activity have been shown to improve psychological health in people. There are numerous studies that have documented improvements in subjective health, mood, and emotionality, as well as self-perception of body image and physical self-esteem.

The physical education teacher Los Santos, cited by (Giai, 2015, p.1) argues that, *“in old age the elderly are burdened with fears, worries, anguish and myths, hence the recreational activities that they can perform improve communication, expression and socialization with their environment”*. Play in the elderly fulfills a social and cultural function, since it allows us to feel the pleasure of sharing a common activity and satisfying the ideals of expression and socialization.

Recreational activities play a fundamental role in promoting taste and interest in culture, art and literature, Physical Culture, sports, science and the cultured use of free time. The link of these to the development of sociocultural projects in the communities, constitutes in the immediate stage one of the fundamental aspects to be developed, in order to enrich the sociocultural life of the community and with it that of the elderly adults who regardless of the years they continue to enrich their cultural heritage.

This term is used very frequently by researchers on the subject and society in general; However, there are not many definitions of this, as it is associated with the concept of recreation. In this sense, recreational activities, according to the online dictionary *Definition.de updated in 2017*, *“are those actions that allow a person to entertain or have fun. These are activities that an individual does not carry out out of obligation, but instead carries out them because they generate pleasure. ”*

Nowadays, the incorporation of the elderly in the community to recreational activities is a priority for professionals in Physical Culture, Sports and Recreation. The elderly considered, according to the online dictionary ABC Definition, as *“that individual who is in the last stage of life, the one that follows after adulthood and that precedes the death of the person, has his or her tastes, preferences and traditions according to the community in which they live”* (p.1), elements that must be taken into account to increase their participation in these activities and thus

contribute to a more active and pleasant life.

METHODS

The research was carried out in the “La Tinta” community of the Maisí municipality, where it worked with a population made up of 38 older adults, 4 physical culture teachers, 2 art instructors, 1 doctor and 1 family nurse. The selected sample consisted of the entire population to which research methods and techniques such as interviews, surveys and observation were applied, which allowed determining the tastes, preferences of the elderly, as well as the need of teachers of tools for adequate attention to this sector of society, elements that were taken as the basis for the development of the proposed activities.

On the other hand, historical documents were reviewed that allowed to reveal the cultural traditions such as typical dances, traditional games, among others, of the community under study, which favored the incorporation of older adults to the proposed activities as they felt more identified.

RESULTS

Methodology of recreational activities

Recreational activities are a complement to improve the quality of life, a concept derived from theoretical analysis and its multidimensional and diverse practical application; This is a subjective concept, typical of each individual, which is highly influenced by the environment in which they live such as society, culture and value scales, it is a sociological category that expresses the degree to which the demands are satisfied, it expresses well-being, happiness, satisfaction of the person that allows him a capacity to act, or to function in a given moment of life. In this work, it is considered that the fundamental aspect constitutes it, the insufficiencies in the ability to encourage the participation of the elderly in recreational activities, they were made based on a diagnosis that allowed to verify the aforementioned insufficiencies.

These activities must necessarily be carried out by a set of factors where the Sports Complex, the Health System and the community where each older adult resides play a fundamental role. The work of the Physical Culture teachers who work in sports teams cannot be satisfied only with what is stipulated in the recreation

programs, it is necessary to motivate the participation of the elderly and offer opportunities to occupy free time, it must be appreciated in a broader objective: a process in which the elderly adult is capable of thinking, feeling and acting integrally, in correspondence with the needs of the society in which he lives and the concrete framework in the community in which it develops.

It is necessary to point out that the community in which the development of this work is framed has a very peculiar characteristic from the fact that the vast majority like music, very healthy traditions for the population predominate, some dances that are indigenous to the community, as in the case of the dance “la puntillita del pomo de Jauco”, the dance “la cañandongu de la güira” in which the elderly who are founders of these activities play a leading role.

It is also important to explain that this community has a relevant story to tell and learn about, especially the new generations, related to the rebels before the triumph of the revolution because it is a mountainous area that served as a refuge for them and it would be very good for the adults of the elderly will be given the opportunity to convey the details of this story unknown to many. Other essential elements would be the rescue of recreational games, traditions, contests, that allow us to show the new ones.

The establishment of the recreational activities proposal, it is suggest to be inserted as an option for the elderly within the same activities that INDER teachers develop in the community, these will be carried out in a period of three months. Therefore, it is considered necessary to develop an action plan, with the tasks to be carried out and those responsible, among which the following stand out:

#	Actions	Tasks	Execution
1	Disclosure of activities.	Elaboration of a dissemination plan with assignment of responsibilities (it can be by banners, through the cultural promoter, or by radio).	Meeting with community factors to publicize the recreational activities plan and those responsible in each case.

2	Carry out a door to door.	Selection of staff empowered to make visits to the homes of the elderly.	There will be a house-to-house visit, where they will talk with the elderly and the situation they present will be known, convincing work will be carried out and invite them to participate in the activities.
3	Schedule recreational activities taking into account the traditions and customs of the town.	Planning and control of activities. Identify the traditions and customs of the settlers and the community.	Carry out the activities taking into account the active participation of adults and the fulfillment of expectations.
4	Define the necessary resources to carry out the activities.	Integration of community factors with direct impact on activities.	Execution of activities with the elderly and the participation of INDER, MINSAP, Culture, CDR, FMC, delegate, schools and others).

Source: authors' elaboration

It should be borne in mind that the content of the proposed activities is in correspondence with the real possibilities of the elderly.

Structure of recreational activities to promote the incorporation of the Elderly in the community “La Tinta” in Maisí

The activities will be structured by the following elements:

- Name of the activity.
- Objective to be achieved with the application of the activity.
- Methodology that will be taken into account for the development of the activity.

Evaluation of the activity

The activities promote the taste and interest in culture, art and literature, Physical Culture, science and the cultured use of free time. The link of these to the development of sociocultural projects in the communities, constitutes in the immediate stage one of the fundamental aspects to be developed, in order to enrich the sociocultural life of the community and with it that of the elderly adults who regardless of the years they continue to enrich their cultural heritage.

It is proposed that these activities take place in places or sites within the community's radius of action, taking advantage of the potential that the environment offers us. There must be adequate planning of the schedule created for this purpose, in addition to being objective based on the conditions available for the development of activities, there must be full knowledge of the personnel who will support each activity, as well as their assurance.

Proposal of recreational activities to promote the incorporation of the Elderly in the community “La Tinta” in Maisí

Next, the work proposal is presented with the action of all the factors.

Activity #1: Conversation with the elderly.

Objective: To know the main traditions, games or other recreational and cultural activities that were carried out in the community and to be able to rescue it.

Participants: Teachers of Physical Culture and recreation, directors of the Sports Complex, art instructors, family doctor and nurse, delegate, CDR, FMC, seniors, family members and guests. activities that are carried out.

Methodology: A discussion will be organized related to the elderly in the community telling how recreational activities were carried out in their time, the place where the activity was carried out must meet all the necessary conditions for it, setting, drinking water, if a tea is possible to toast during the conversation.

To start this activity, the present are given the word of welcome, they are explained what the activity consists of, emphasizing that it is necessary to know how the activities were carried out in their time to acquire these experiences and later apply it with the new generations based on working with the rescue of traditions that have been lost.

To develop the activity with the best organization, questions were drawn up for the elderly to answer according to their possibilities, these will be led by the recreation teachers.

Questions:

What activities did they carry out in their time?

What activities did you like the most?

What games did they play?

What games did you like to play the most?

Did they make the media they played with?

What types of media did they use for the games?

How did they make the media?

Did they visit other communities?

What activities did they carry out during the visit?

What activities would you like to see with the new generation today?

As the different criteria are listened to, evidence will be taken which will be discussed with the recreation teachers so that they can put it into practice in the community with the younger population. At the end of the discussion, they will be thanked and the occasion is used to invite them to the next activity.

Evaluation: At the end of the activity, they will be asked how they felt and if they consider this discussion important, the different responses will be heard, which will allow evaluating the activity.

Activity #2: The tenth is rhyme with rhyme.

Objective: Raise self-esteem, awaken interest and motivation for the Activities.
Participants: Teachers of Physical Culture and recreation, directors of the Sports Complex, art instructors, family doctor and nurse, delegate, CDR, FMC, seniors, family members and guests.

Methodology: This activity, already convened and organized in advance by those responsible, begins with the welcome to the participating adults and their families and guests, the art instructor will lead the activity, it consists of a contest for the best tenth each participant previously You must deliver in writing the tenth that you will sing so that the staff prepared in this regard can evaluate it, each adult participant is presented, at the end of the last one there will be time to deliberate and choose the best interpretation, the most tenth will be chosen popular with viewers, prominent adults will be presented with a certificate of appreciation, seize the moment, and call for the next activity.

Evaluation: the personnel in charge of the activity will observe the state that the participants show, they will be asked what they liked the most about the meeting

and what they did not like and if they want to suggest any activity that could be developed, in correspondence with the answers they will be granted the evaluation.

Activity #3: Fill your years with joy.

Objective: to promote a satisfactory longevity and quality of life through recreational games. Participants: Teachers of Physical Culture and recreation, directors of the Sports Complex, art instructors, family doctor and nurse, delegate, CDR, FMC, seniors, family members and guests.

Methodology: The activity will begin with the control of blood pressure by the health personnel to know the state in which the adults are, then one of the participants will be asked to choose from a screen a card that wants a card, once selected, it will be read by the teacher, it consists of the name of the game to be played and what is the rule to comply with, in this case cards will be selected until they reach ten games as the games are played explain by the teachers who will lead each game which is the rule to be followed. It will be taken into account that the games meet the essential requirements for the elderly, that they have the participation of all equally.

On the other hand, keep in mind the place to develop the games, that they are not exposed to the sun, that there is previously drinking water, within the rule of each game is the possibility that if a player feels tired or uncomfortable, they can withdraw from the game, they can also participate in the games they want do not necessarily have to be at all. Among the games proposed for the activity we have:

- Do what I say and not what I do.
- Lemons.
- Container for cooking.
- Guess guesser.
- The hot potato.
- The tail to the donkey.
- Knock down the pins.
- Pass the ball.

Evaluation: The actual execution of the games will show the evaluators if they were to their liking based on the characteristics of the games and how they affect the participant.

Activity #4: Domino tournament.

Objective: Create a sporting environment in the participants.

Participants: Teachers of Physical Culture and Recreation, directors of the Sports Complex, art instructors, family doctor and nurse, delegate, CDR, FMC, older adults.

Methodology: The domino tournament will be carried out by elimination between pairs and will last until the last winning pair finishes, which will correspond to the development schedule of the community sports activities.

The activity will begin with the previously defined couples, the place will be set with appropriate background music for that moment, the names of the participants will be announced as each couple wins, it will be collected in a control to know which couple will pass to the other stage of the tournament, the winning pairs will be communicated to the population. The teachers will be prepared to be the referee of the tournament who will impart justice in each case. Winning pairs will be awarded certificates of recognition.

Evaluation: They will ask how they felt, if they would like to participate again.

Activity #5: My contribution to culture.

Objective: To maintain the love for art, culture and creativity.

Participants: Teachers of Physical Culture and Recreation, directors of the Sports Complex, art instructors, family doctor and nurse, delegate, CDR, FMC, older adults.

Methodology: The activity will begin with words of welcome to those present, they will be made aware of how the meeting will take place, which will be conducted by the art instructor of the community.

Previously participating adults have already prepared for the activity, which consists of presenting what each one knows how to do based on their vocation since childhood. Poetry, songs, compliments, stories, traditional dances will be presented from their own possibilities, it is allowed to help other people if they are not able to

participate directly or the older adult can write the work in the genre they want and another person to present it, if it is necessary to participate as an author.

In this way, the participants will be presented in a way organized by cultural genres, this activity requires the direct support of the cultural partners with an audio for an adequate cultural and recreational setting.

This activity can be of vital importance for the movement of artists who are fond of art and work with the rescues of traditional dances in the area, as well as to encourage new generations to keep cultural traditions alive. At the end of the activity, they will be thanked and invited to the next meeting.

Evaluation: through the PNI technique (positive, negative and interesting), where the opinions of all participants, relatives and guests will be collected.

ACTIVITY #6: Walk for more life.

Objectives:

1. Improve aerobic respiration and joint mobility, through physical exercise that will be developed when walking.
2. Develop a state of happiness, immediate satisfaction, and personality development through activities.

Participants: Professor of Physical Culture, older adults, selected teachers, Family Physician, health promoter, social worker, directors of the Sports Complex, among others such as family, friends, etc.

Methodology: The activity will take place within the community's radius of action, the tour will begin, the distance to be covered by the elderly is according to their possibilities, the participants will also be accompanied by their relatives if they wish. Before the start, the objective of the activity and the way of carrying it out will be explained to the participants, the blood pressure of each elderly adult will be checked to know the state of health with which they are going to carry out the activity, the moment of the activity will be announced by audio. the departure and the return arrival, in the course of the tour the teacher will emphasize the importance of caring for and protecting the environment, it will be carried out at the pace of the participating older adults. The activities must be gentle that allow breathing without any type of difficulty, they must not cause dizziness or chest pain.

At the end of the tour, relaxation and stretching exercises will be performed.

Evaluation. At the end of the activity, the teacher exchanges with the participating adults in order to know their criteria about the development of the activity and how they felt in it, asks for suggestions to do better if it deserves it, leaving the activity evaluated in this way.

Activity #7: Collective birthday.

Objective: to promote a pleasant state in the elderly, improve interpersonal relationships and create a positive environment among them.

Methodology: a meeting is called to organize the collective birthday, tasks will be assigned to relatives and adults according to their possibilities, to guarantee the preparation of the place where the activity will take place and the necessary resources, an exchange of gifts will be carried out according to the possibility of each one, examples of homemade sweets, fruits, vegetables made and produced by themselves. Then we will continue with the celebration.

Participants: Professor of Physical Culture, seniors, selected teachers, Family Physician, health promoter, social worker, directors of the Sports Complex, among others such as family, friends, etc.

Evaluation: through the PNI technique (positive, negative and interesting), where the opinions of all participants, relatives and guests will be collected.

Activity #8: The triangle of will, knowledge and creativity.

Objective: To achieve a state of happiness and satisfaction in older adults from the development of activities.

Participants: Professor of Physical Culture, seniors, selected teachers, Family Physician, health promoter, social worker, directors of the Sports Complex, among others such as family, friends, etc.

Methodology: This activity will begin with words of welcome from the organizing staff, it will be explained what it consists of. Previously, the participants have been preparing based on what they are going to present.

The terrain will be marked in the shape of a triangle to coincide with the name of the activity, in each space that makes up the triangle tables will be placed to place the objects to be fully exposed identified a part of the triangle for artisan objects,

another part for homemade sweets and a third part that completes the triangle for medicinal plants and possible decoctions, syrup and other compounds of green medicine, (the latter reviewed by health personnel) the exhibition will begin from right to left, the different explanations provided by the participants will be heard and at the same time it will serve as positive experiences for those present.

The animation by the art instructor, once the exhibition is over, the activity will continue with music from the 60s and 70s in a way that makes them remember, smile and dance according to their possibilities, the same sweets will be used in logistics homemade prepared by adults to support the resources prepared by the organizing committee of the activity.

Evaluation: through the PNI technique (positive, negative and interesting), where the opinions of all participants, relatives and guests will be collected.

DISCUSSION

The proposed recreational activities constitute a working tool for the factors of the "La Tinta" community in the Maisí municipality that contributes to promoting the incorporation of the Elderly. They have a high social impact and level of generalization since they are designed based on the tastes and preferences of the age group under study. It can be applied by other sectors (Culture, Health, etc.) that have the same problem addressed in this article. During the development of the research, definitions of concepts and other criteria of various authors were assumed that address the subject matter from different points of view and that constitute theoretical references for this article. One of the most current references is the definition of recreational activities provided in the Online Dictionary Definition.de (2017), where it is stated that these activities do not constitute an obligation, but are a source of pleasure and joy for the participants. Regarding the term older adult, it coincides with what is stated in the ABC Definition online dictionary that the older adult, although he is in the last stage of life, has his tastes, preferences and traditions according to the community in which they live. These criteria were taken into account for the elaboration of the activities in order to contribute to make life more pleasant for the elderly of the community under study by increasing their recreational options according to their needs. By way of

concussions, recreational activities were developed based on the tastes and preferences of the elderly in the community "La Tinta" of the Maisí municipality, which constitute a tool to enhance their incorporation and make their life more pleasant.

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