

Recreational alternative for the use of free time by young people *Alternativa recreativa para el aprovechamiento del tiempo libre de los jóvenes*

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ABSTRACT

Summary This research is oriented to the study of the current situation of Physical Recreation in the Carrera Larga Community of the El Salvador municipality, Guantánamo, aimed at solving one of the existing problems, the use of free time in young people from 20 to 24 years of age through of sports-recreational physical activities according to your tastes, needs and preferences. During the application of the diagnosis, it was found that these young people are not offered physical-sports-recreational activities in a systematic way and with a methodological conception aimed at these ages, so they participate in recreational events led by adults.

Keywords

Free time; Young people; Use.

RESUMEN

Esta investigación está orientada al estudio de la situación actual de la Recreación Física en la Comunidad Carrera Larga del municipio El Salvador, Guantánamo, encaminado a solucionar uno de los problemas existentes, el aprovechamiento del tiempo libre en los jóvenes de 20 a 24 años a través de actividades físico deportivas- recreativas acorde a sus gustos necesidades y preferencias. Durante la aplicación del diagnóstico se arrojó que a estos jóvenes no se les ofertan actividades físico-deportivas - recreativas de forma sistemática y con una concepción metodológica dirigida a estas edades, por lo que participan en manifestaciones recreativas protagonizadas por adultos.

Palabras clave

Tiempo libre; Jóvenes; Aprovechamiento.

INTRODUCTION

The systematic practice of physical sports-recreational activities helps the physical, biological and psychological balance of individuals, to be able to face life in society. Its implementation within the community environment is of great importance, considering that they become a factor that contributes to the harmonious development of man, and that in turn serves as social therapy to deal with alcoholism, smoking and other negative trends; for your fun and relaxation; which contributes in a special way to a better use of free time.

Precisely the community constitutes the basic cell of any analysis that is carried out on society, as it constitutes the quarry in which human relations are established and, therefore, a whole series of behavioral factors linked to the process of education and training of man.

Starting from this analysis carried out by psychologists about recreation, it is proposed that recreation and physical activity as part of it are considered today as a necessity for all human beings and should be available to everyone regardless of age, sex, talent and physical ability. This is recognized for the great benefit it provides to man, be it in health, in the economy, or in society.

The Cuban state, despite the difficult economic and social situation it has faced for more than 52 years, is associated with the concerns and actions of comprehensive community development, in which the community has an important role in carrying out educational work and For this reason, the obligatory search for designs that allow us to face a policy of development of the practice of sports activity and Physical Recreation based on the use of free time in a healthy way with a massive and spectacle character is inevitable and unavoidable. lead to increasing the quality of life of the population in children, youth and the elderly.

Cuba has put into practice activities for recreational purposes that have actively incorporated different labor, health and education centers in all teachings to constitute an effective link in programs and projects to rescue traditions in community life, as well as a means to promote the culture, historical traditions and customs of the community.

The need to solve the problems of each community, related to the systematic and controlled practice of physical activity, forces us to delve into methods, styles and techniques from a participatory research approach, in the elaboration and development of community projects in which At the same time that an immediate problem is solved, in the medium term it is possible to create the bases of a comprehensive general culture that allows the community involved to adopt appropriate attitudes and practices that stably raise their quality of life in the population.

A relevant element of the practice of Physical Recreation is its community approach that is not only aimed at achieving maximum community participation in the different activities, but also that teachers, leaders, officials, specialists, promoters, technicians, methodologists and sports experts work in sports institutions and are part of that social environment where they live and develop all their activities, being at the same time drivers and participants in the social changes that are designed in the community, for which they must take into account that: it is constituted by the set of participants who live in a geographically determined community whose members share interests and activities, with interpersonal relationships and above all common interests. (According to Arias Herrera, H. 1995).
Concept.

Therefore, all the processes of application or transformation that are developed within the community and have direct or indirect participation in part, or in all of the factors that comprise it, have a community and participatory nature.

It must be remembered that it is a necessity that children, young people, the elderly and workers are given the possibility of having recreational activities that take advantage of the free time they have in a healthy way, taking into account that Physical Recreation occupies a special place. in the system of harmonic integral development of the individual.

Despite the fact that this does not rule out any age group or establish gender differences, and that its educational character, developer and trainer of physical and cognitive abilities, social behaviors and the personality of the individual is aimed at all equally, it is considered that the benefits provided by the systematic and controlled practice of these activities have a greater impact on early age practitioners, taking into account that they are in a difficult stage of personality formation, behavior and their position as a social being.

An exploratory study was carried out in district 25 of the Carrera Larga Popular Council of the El Salvador municipality based on observation and surveys, revealing a set of problems in satisfying tastes, needs and preferences in activities and a series of harmful habits in youth, according to health research. During the application of the diagnosis, together with the experiences and daily realities, the following irregularities are detected in the offer, organization and realization of community recreational actions for the use of free time in young people, which bring about their dissatisfaction.

Given the criteria of community recreational actions as a necessity and right of the people, the author carries out a study of a whole series of options, tastes, needs, preferences and desires of the young people of the district 25 of the Carrera Larga Popular Council of the municipality El Salvador those

who have referred do not have a varied offer. This could be verified through observations, surveys and interviews carried out with the inhabitants, together with the factors linked to said activity.

In addition, through the instruments applied in the research to different community entities and in contact with young people, a series of limitations are specified, such as:

1. Scarce activities that respond to satisfy the tastes and preferences of young people in this Popular Council.
2. Little disclosure of recreational actions and offers, so that the spontaneous activities of each young person are carried out in a disorderly manner and without an educational purpose that is based on creating optimal use of their free time.
3. Insufficient planned activities according to the community, which results in young people presenting an inappropriate use of their free time.

Young people are one of the age groups that encompass the largest population, as well as the complexity in this stage of development. The beginning of youth is approached by scholars of the subject as a second moment or phase of adolescence or early adulthood. It is not possible to establish limits that categorically frame the difference, but there are features that characterize it.

In this stage the moral affective sphere develops, in which the development of the personality stands out as a fundamental acquisition, the appearance of the conception of the world, which is nothing more than the representation that the young person has of reality as a whole; it includes a valued knowledge of its laws, of the place that man occupies in it and of himself, for which reason it presents a generalized and systematized character.

This training allows the young person to develop their own criteria in the spheres of science, politics, morality and social life in general. These points of view, to which he feels affectively committed, become effective regulators of behavior.

The community is an important place where young people meet, as it is the ideal setting for the organization and development of multiple recreational activities according to the needs and existing circumstances: interests of these young people, tastes, preferences, needs and games created spontaneously by themselves.

It is there where the almost inexhaustible flow of popular and traditional games of the community has a place, which constitutes the natural path of games for young people, new games arise that are born anonymously and spontaneously, which are practiced intensely until they become part of the traditional games.

Therefore, it is essential that Physical Recreation teachers are always attentive to the existence of such circumstances to stimulate the realization of various recreational disciplines and influence pedagogically, adapting any new game to sports-recreational physical activity, however incoherent and useless it may seem.

However, it was possible to verify from the application of different research instruments that the greatest difficulties lie in the fact that after school hours, young people do not carry out any recreational activity in a controlled and planned way that allows them to take advantage of free time.

They participate in recreational manifestations carried out by adults, such as: dominoes, cards and others, where alcohol consumption predominates, smoking, obscene words, habits that threaten the adequate social formation of young people; if It is taken into account that at these ages they begin to live a new stage of their lives.

Due to all of the above, it arises as a scientific problem: how to contribute to the use of free time in the youth of the Carrera Larga Popular Council in the municipality of El Salvador, Guantano?

The objective of the research is defined: to develop a recreational alternative for the use of free time in the youth of the Popular Council of Carrera Larga of the municipality of El Salvador, Guantano.

In the development of this research the following scientific methods were used:

Theoretical level methods:

Historical and logical: to capture the historical development of the object, the system of laws that act as the foundation of its development and explain it.

Synthesis analysis: to analyze the information from the literature consulted, as well as the data obtained with the application of empirical methods.

Induction deduction: to establish generalizations, deduce the existing data and theories about the fundamental characteristics and relationships of the object of study.

Functional structural systemic: for the elaboration of the recreational alternative taking into account the integrating character and the systemic conception for the improvement of the community physical recreation process.

Empirical level methods:

Documentary analysis: it allowed the study and analysis of the contents and methodological materials, especially related to sports-recreational physical activities in the community that are aimed at young people.

Observation: it is specified through the use of a guide to carry out a general assessment of the attendance, organization and permanence by young people in sports-recreational physical activities, verifying if the planning, organization, control and level of motivation in them.

Survey: it was applied to young people to diagnose and evaluate their state of satisfaction with respect to the activities they carry out in their free time, as well as to know the state of acceptance of the sample under study at the end of each planned activity in the alternative.

Interview: it was applied to the directors of the team and the Physical Recreation teachers to evaluate and determine the knowledge and the main opinions regarding the organization and development of recreational physical sports activities carried out in the community in order to take advantage of free time in the young.

Consultation with specialists: to determine the feasibility of the elaborated recreational alternative.

Math level:

Percentage technique: to quantitatively interpret the results obtained in the entire investigation.

In this work, the theoretical aspects related to the process of physical recreation are kept in mind, emphasizing the elements that affect the use of free time in young people, the historical trends of Physical Recreation in Cuba are revealed, taking into account the socioeconomic, political transformations and the development of the practice of physical activity in a healthy, controlled and systematic way in the country, in addition, a characterization of the pedagogical and psychological aspects is made, and the results of the diagnosis until the conclusions of the chapter.

In order to understand the emergence and historical evolution of recreation in Cuba, it was considered appropriate to take as a reference the historical stages in which they find points of contact with the object of this investigation, determining the following elements as content: organizational structure at a social level, character and type of recreational activities that were carried out, space used, the objective and purpose of these activities.

Stage I. Before the colony (1512)

The references found on the recreational manifestations in Cuba during this stage appear closely linked to the productive and religious practices, thus the musical-dance and pictorial representations responded to the preparations for harvests, hunting and fishing. G. Gutiérrez, (1979), recognizes in such expressions the genesis of physical activities for recreational purposes.

Stage 2. Cologne (1512 - 1889)

At this stage, the emergence of social differentiation and private property gives way to the mode of production where the first differentiating symptoms between the time dedicated to work and the time dedicated to leisure are revealed; Given the new social relations and characteristics of the time, the occupation of leisure time was an expression of new forms of entertainment or diversion on the part of the different social groups that were creating the seeds of the autochthonous culture.

Stage 3. Neocolonial or Neocolonial Republic. (1902-1958)

In the neocolonial stage in Cuba, physical Recreation as a social phenomenon inherent to the rights of man as a social being was almost unknown. Data have been found that reveal that in 1807 Father Juan Bernardo O'Gaban from Santiago de Cuba was sent by the Royal Society of Havana to Europe to study Physical Culture. For many he is considered the Father of the Cuban Physical Culture. At this time, social institutions arose around which cultural, sports and recreational activities were mainly going to be developed, their size being determined by the solvency of the class they represented.

Stage 4. Revolution in Power. (1959-2009).

With the revolutionary triumph in January 1959, the recreation, its organization and support became the concern of the new government, as an inseparable part of the change in the quality of life of the population. In the same year of the triumph, the Ministry of Social Welfare was created, whose functions included caring for children through the Recreation department, for which it had three work programs: programs in parks and streets, in recreation centers and the one directed to the camps.

Another of the transformations was the creation of the National Institute of the Tourist Industry, an organization dedicated to the administration of recreational institutions that once served the bourgeoisie and now opened their doors to the people. The beaches and old societies, fishing centers, cafeterias, hotels and motels became the property of the working class in power.

On February 23, 1961, with the promulgation of Law 936, the National Institute of Sports, Physical Education and Recreation (INDER) was created, an institution that since then has dealt with such tasks in coordination with other organizations of society.

In 1962, within the structure of INDER, the Recreation Directorate was made official, which began its actions taking as background the actions carried out after the revolutionary triumph by the Ministry of Social Welfare, to undertake the concretion of three basic programs:

Rural and Urban Recreation Program. Camping Program and Hiking Program.

Each one had as its purposes the organization, execution and control of recreational activities in all their breadth, extension and variety for the benefit of the people. Under the auspices of these programs, coordination with other organizations and social institutions enabled the development of countless physical, sports, and recreational activities aimed at different population sectors and throughout the length and breadth of the country.

Of vital importance was, in these years, the emergence of the Higher Institute of Physical Culture (1970s) as an indispensable link for raising the professional level of instructors, community schools and Non-Governmental Organizations (NGOs) that in a way or another are related and affect the development of communities and especially rural ones.

When talking about Recreation, it is necessary to refer to the etymological origin of the word, which is given by a Latin root of the word RECREATIO, which means to renew, recover and restore a lived or experienced situation that generally produces satisfactory behavior in the human being (Ramos, 1986). To establish a concept of Recreation, it is mandatory to resort to Dr. C. Aldo Pérez, National Recreation Methodologist in Cuba, who defends the criterion that this: is an integral activity, which as a social phenomenon is constituted by specific creative forms that They are expressed in artistic, literary, cognitive, physical, sports, educational and prophylactic activities, without forgetting some particular forms that present the sum or integration of more than one group of indicated activities, for this reason it is closely related to education, self-education, hygiene physical and psychic, culture and fun, which play a contributing role in the formation of personality in socialism. (Perez, 2003).

However, another author defines it as: all types of activity related to free time, not subject to labor regulations or interests, on a voluntary basis, capable of developing personality and offering man a platform from which he can compensate for deficiencies and deficit arisen in the scope and movement of its existence. (Pearls, 1980)

When analyzing the concepts raised by the aforementioned authors, it can be observed that, although expressed from different procedures, both agree on the voluntary, educational, training and developer nature of it; as well as that this activity is conceived within free time! of people. Although the author of the work assumes the one exposed by Dr. C Aldo Pérez, considering it more complete and current.

Physical recreation is a field of experiences and activities that are carried out in free time, freely chosen and has the potential to enrich life, by satisfying certain basic needs of the individual and by cultivating healthy and harmonious human relationships; it is for Consequently, an educational activity that

promotes the intellectual, mental and physical development of the individual and the community, also providing satisfaction and pleasant experiences. (Perez, 2003).

The criterion of this author is approved, because the most important function of Physical Recreation is to provide the individual with well-being and healthy development of their capacities and expansion of their personal horizons.

If we go deeper into the conceptualization of Physical Recreation, taking into account the criteria of the different cited authors, it could be defined as the set of activities with a recreational, sports and/or tourist content that the individual voluntarily develops in his free time as active rest, individually or collectively that contributes to their multilateral training.

In relation to all of the above, it is considered that the practice of sports-recreational physical activities should be shown, as an eminently playful, fun, pleasure-generating activity, which, although capable of being established in a systematic and rigorous way, is generally presented as flexible, freely.

For Joffre Dumazedier, a prominent French sociologist dedicated to free time studies, Recreation "is the set of occupations to which man can indulge at will,

to rest to have fun or to develop their information or selfless training, after having freed themselves from their professional, family and social obligations". It is an essentially descriptive definition, although popularly known as the three "D": Rest, Fun and Development.

Rest frees people from fatigue, when they participate in sports-recreational activities, they protect themselves from the wear and tear caused by the tensions derived from daily obligations, especially those at work. In the case of young people who live in the communities, who have a large amount of free time, participating in them during this time helps to release the tensions caused by the various problems that are experienced every day and that are detrimental to their quality of life.

Fun frees the individual from boredom, monotony and routine, since modern man often experiences the need for a break with his daily chores, in order to overcome the dissatisfactions and frustrations that these generate.

The development of the personality frees from the automatism of thought and daily action, allowing a broader and freer social participation, as well as a general cultivation of the body, sensitivity and reason beyond the requirement of practical training.

Among the objectives that the recreation professional must consider is to attribute more importance to participation than to the final result and to emphasize educational values such as social communication,

having fun through games and sports, fostering creativity, education, offering diversity, stimulating cooperation and team spirit, respect for colleagues

In this line Camerino & Castañer, (1988), define as recreational activities, those with flexibility of interpretation and changes of rules that allow the continuous incorporation of forms, techniques and strategic behaviors, with the capacity of acceptance by community processes, that the application of a new pedagogical treatment and non-specialization can be generated since a competition or complete achievement is not sought.

Diagnosis of the current state of the use of free time in young people from 20 to 24 years of age from the Carrera Larga community of the El Salvador municipality.

During the development of the research carried out in the Carrera Larga community, El Salvador municipality, Guantanamo, from a population of 362 young people aged 20-24, a sample of 90 made up of both sexes was selected, representing 24.9% of the population. population, made up of 40 young people from 20 to 21 years of age, of which 25 are female and 15 are male; 30 young people from 22 to 23 years of age, 16 being male and 14 females, and 20 24-year-olds.

The criteria of five specialists were taken into account (a director of the Carrera Larga sports team, a deputy director of Recreational Activity Participatory Sports, a Physical Recreation methodologist from the municipal sports office of El Salvador, and two Physical Recreation technicians). They have more than 15 years of work linked to Physical Recreation, in addition to two community officials (President of the Popular Council of Carrera Larga and the Delegate of Circumscription 25), with experience in working with the community where the investigation is being carried out.

A preliminary diagnosis was made that allowed us to know where to direct the investigation, for this, we took into account the following indicators:

1. Sociodemographic characteristics of the community under study.
2. Infrastructure in terms of sports and recreational facilities.
3. Technical personnel to deal with in the community under study.

Main results

Before proceeding to the analysis of the surveys and interviews carried out, it is necessary to clarify that for the evaluation in Acceptable, Not Acceptable and Not Acceptable of the answers offered, we took into account the data obtained through the observations made, which allowed us to establish evaluative keys made from an objective assessment of the real situation of Physical Recreation and the occupation

of Free Time of the young people sampled from the community where it is investigated, providing us with elements to proceed with the evaluation of said responses.

Instrument analysis

Analysis of the initial survey applied to the young people in the sample

Survey of young people between 20 and 24 years of age

General data:

Sex: M _____ F _____ Age: _____

Hello:

At this moment we are carrying out an investigative work related to the use of young people's free time through physical-sports-recreational activities.

The purpose of this questionnaire is to know the criteria that you may have about the topic to be discussed in order to delve into it.

-According to the questions that appear below, mark with an X the correct answer:

1. Do you like to participate in physical-sports-recreational activities?

When?

Always____, sometimes____, never____

2. Do you have free time to participate in these activities?

But____

3. Does your community offer you physical, sports, or recreational activities that allow you to take advantage of your free time?

Always____, sometimes____, never____

4. What physical-sports-recreational activities would you like to do?

- Mention no less than three.

5. Where would you like to do these physical-sports-recreational activities to take advantage of your free time?

Inside____ Outside the community____

6. What time of day would you like to do these activities?

Morning____ afternoon____ Evening_____

At first, the survey was applied to determine the interests and recreational needs, as well as the frequency and moments in which they wanted to carry out the activities based on the use of free time in young people.

In the first question, referring to whether they like to participate in recreational sports physical activities, 78 of 90 young people (¿86.66%) answered that they always like to practice recreational sports physical activities, the answers being evaluated as Acceptable; six young people (6 66%) answered that they sometimes like to participate in these activities, the response being evaluated as Not Acceptable and seven (7.77%), that they never like to practice this type of activity.

Regarding the second question, regarding whether they have free time to participate in these activities, 86 young people answered yes, representing 95.5%, with the answers being evaluated as Acceptable; only 4 (4.44%) of the total responded that sometimes they have free time, the response being evaluated as Not Acceptable.

In the third question, referring to whether in the community they are offered sports-recreational physical activities that allow them to take advantage of their free time, 68 (¿75.55%) of the respondents think that these activities are sometimes offered, of them 32 They are female and 46 male, the responses being evaluated as Acceptable; 21 (¿23.33%) state that they are always offered, the response being evaluated as Not Acceptable; while 17 (18.88%) believe that activities are never offered sports-recreational physical, being evaluated the answer as Not Acceptable.

According to the answers offered in the fourth question, where they were asked about what physical sports-recreational activities they would like to carry out, the highest percentage of respondents preferred Walking (63%), Grease Stick (57%), Baseball (48%), %, traditional games (45%) and Soccer (43%).

In relation to the fifth question, related to the place where they prefer to carry out these physical sports-recreational activities to take advantage of their free time, 79 (¿87.77%) state that they prefer to carry out physical sports-recreational activities within the community, being The answers were evaluated as Acceptable, while 20 (22.22%) wanted to recreate outside the community, the answers being evaluated as Not Acceptable. These results led us to plan activities inside and outside the community to meet the recreational needs of all those sampled.

In the last question, related to what hours of the day you would like to carry out these activities, 17 (¿18.88%) of 90 answered that they preferred the morning hours, the answers being evaluated as Not Acceptable; 81 (90.0%) responded that, in the afternoon, the answers being evaluated as Acceptable. The answers offered indicate the planning of the activities in the afternoon after the teaching hours.

Analysis of the interview applied to the managers and physical recreation teachers of the Carrera Larga sports team.

Interview with managers and Physical Recreation teachers of the Carrera Larga sports team.

Objective: to determine the main reasons that the directors of the center have

Related to the organization and development of physical - sports - recreational activities, which are carried out with young people.

Themes:

1. Do you think that the youth of your community have free time?

Fundamentally.

2. Do you consider it necessary to plan physical-sports-recreational activities for the use of free time by young people between 20 and 24 years of age?

Fundamentally.

3. How often are physical-sports-recreational activities carried out in the community?

Fundamentally.

4. Has any recreational alternative been implemented to occupy the free time of young people through physical - sports - recreational activities in extracurricular hours?

Fundamentally.

In the analysis of the interviews carried out, with the objective of determining the main reasons that the directors of the center have related to the organization and development of physical sports-recreational activities which are carried out with the young people of the Carrera Larga community, 100 % of those interviewed agree that young people have free time, and add that this space of time is essentially given after the end of the teaching schedule where they carry out activities other than those planned by the school, the answers being evaluated as Acceptable.

In the second question, where it is analyzed whether it is necessary to plan recreational physical sports activities to take advantage of free time in young people, 100% consider that there is a need to plan activities of this type, basing that these do not meet the expectations of The young people also state that the practice of recreational physical sports activities is a feasible way to take advantage of the free time of young people, the answers being evaluated as Acceptable.

In a third question, when asking how often sports-recreational physical activities are carried out in the community, 6 (6.66%) interviewees state that they are carried out with little systematicity, due to the small number of teachers who work in the community where It is investigated taking into account its dimensions, and they are carried out mainly on non-working days to group a greater number of participants, being evaluated as Acceptable; while one (1.11%) thinks that they are carried out quite

frequently, being evaluated as Acceptable, taking into account that the observations made yielded other information.

It is considered that the little systematic practice of these activities limits the possibilities of recreation in a controlled and consistent way in young people, since to satisfy their recreational needs they depend on situations beyond their control, for which reason the activities must be planned. same with a frequency that allows young people to satisfy them without depending on factors that affect their recreational interests.

Finally, when we were interested in whether any community intervention design has been implemented to take advantage of free time in young people through sports-recreational physical activities in extracurricular hours, they stated that it has not been developed, adding that the technical force of physical recreation that works in the sports team they are in professional training and do not have the technical-methodological knowledge to carry out this type of research, the answers being evaluated as Acceptable.

Results of the participatory observation analysis.

Observation Protocol.

Object of the investigation: the participation and retention of young people in the different physical-sports-recreational activities.

Objective of the observation: to determine the level of participation and retention of young people in the different physical-sports-recreational activities.

Number of observers: 4

Total time and frequency of observations: four months, with two monthly frequencies (in the First Stage), and four months, with 24 observations (16 on weekdays and four on weekends in the Second Stage).

Type of observation: structured, non-participatory.

Aspects to observe in the research unit:

- Total, number of participants.
- Retention level.
- Duration time.
- Quality of activities.

Date: _____ Place: _____ Time: _____

- Number of young people attending the activities.
- Number of young people who remain in the activities.
- Compliance with the planning of activities.
- Quality in the organization of activities.
- Offer.
- These offers satisfy.

Putting into practice the elements that appear in the observation guide, observations were made at 6 moments on weekends to observe how participation and retention behaved during physical sports-recreational activities that young people developed before the application. the recreational alternative, and 22 observations made during the application of the alternative, of these, 16 were on weekdays and 6 on weekends in a period of 4 months.

The observations made initially yielded specific information regarding the use that the young people in the sample gave to their free time, verifying that participation behaved at 43.31%, and retention at 37.23% in the activities. Therefore, both were evaluated as Not Acceptable. The demotivation of the participants was revealed, accentuated by the insufficiencies in terms of materials and offers according to their tastes and preferences, activities devoid of any planning, organization and initiative were carried out, with the realization of spontaneous games such as, animating, runs and jumps.

In the observations made during the development of the investigation, the attendance behaved at 88.81%, while the permanence was 92.43%, in terms of the quality of the activities, a good organization and creativity were observed. depending on the tastes and preferences of the participants, highlighting the Walk, the Grease Stick and Baseball, from its beginnings to its culmination.

Among the activities that they did not carry out and accepted with great pleasure, on a larger scale, were the Inter-Community pre-sports meetings, the Walk, the Grease Stick and Baseball.

With the support of the physical recreation, physical education, and physical culture teachers, the directors of the Carrera Larga sports team, the Popular Council, and the community, the correct execution of the recreational alternative in the Carrera Larga area was made possible.

CONCLUSIONS

1. In the analysis of the historical evolution of Physical Recreation in Cuba, he exposes the need to continue deepening the development process of community physical recreation to promote a different approach in terms of organization, planning, application, control and evaluation. Of the same.

2. The pedagogical and sociological characterization of physical recreation establishes a system of theoretical knowledge that supports it and is assumed as theoretical support for the elaboration of the recreational alternative.
3. The results of the diagnosis showed that young people between the ages of 20 and 24 from the Carrera Larga Popular Council do not have sports-recreational physical offers in accordance with their tastes and preferences that allow them to take advantage of their free time in a healthy, controlled and systematic way.

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