

Physical recreation in mountain communities, its link with nature Recreación física en comunidades de montaña, su vínculo con la naturaleza

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Reception date: June 12, 2023

Acceptance date: July 13, 2023

ABSTRACT

Interesting recreational offers are not always available, this motivated the authors of this research to intervene, proposing a recreational program to promote the development of healthy and formative physical recreational activities in harmony with nature in the La Güira mountain community for children between six and nine years old. Methods such as analysis synthesis, induction deduction, modeling, survey, interview and observation were exploited. The users showed interest in consuming the program, which contributed to the healthy and instructive occupation of free time, providing a recreational option that fully corresponds to their needs and interests.

RESUMEN

No siempre están a disposición ofertas recreativas que sean interesantes, esto motivó a los autores de esta investigación a intervenir, proponiendo un programa recreativo para potenciar el desarrollo de actividades físico recreativas sanas y formativas en armonía con la naturaleza en la comunidad de montaña La Güira, para niños entre seis y nueve años. Se explotaron métodos como el análisis síntesis, inducción deducción, la modelación, encuesta, entrevista y la observación. Los usuarios mostraron interés por consumir el programa, contribuyó a la ocupación sana e instructiva del tiempo libre, aportando una opción recreativa en plena correspondencia con sus necesidades e intereses

Keywords

Physical recreation; Program; Mountain; Nature.

Palabras clave

Recreación física; Programa; Montaña; Naturaleza

INTRODUCTION

The formation of a citizen with a broad comprehensive culture is a priority for organizations and institutions of Cuban society. This challenge is assumed from a very early age, in search of sustainability.

Within this culture, the healthy and formative use of free time is worked on. The exploitation of this time in cultivation activities is part of the policies implemented by the National Institute of Sport, Physical Education and Recreation (INDER) of Cuba, based on the actions of physical activity professionals.

Despite the fact that these INDER policies are designed to be executed throughout Cuba, in intricate rural areas the lack of culture on the subject of study predominates, when observing the practice of harmful activities that are even declared illegal.

It is necessary by virtue of the reality that is expressed, to promote alternatives based on technological innovation, which cover the needs of the different social sectors, age groups or gender.

In practice, a community of physical recreation specialists is observed who discover the scientific rigor that supports this activity, an argument that is supported by the significant amount of research that is generated around this topic, not only by authors of other nationalities such as Cervantes (1992), Vilas (2002), Lopetegui (2008), Alatorre et al (2018), Nella (2019), but also by nationals such as Pérez (2003), Fullera (2001, 2008) and Ramos (2003, 2005, 2006, 2011), of recognized prestige, which extends to the faculties of Physical Culture, in the case of Holguín Mateo (2009), Pérez (2009) and at the level of the Sagua de Tánamo municipality, a significant number of students from the then Headquarters Municipal University, concluded their studies assuming investigative processes related to physical recreation.

The review of various materials that have as their object the study of physical recreation, allow us to assume that there are investigations where, in addition to the recreational approach, they fulfill a complementary objective of cultivating the environmentalist, but linked to the environment of mountainous communities, they are not abundant and under the conditions of the La Güira community has not been experienced.

The Turquino Plan is a program created by the Cuban Government to attend in a differentiated way to the inhabitants of the mountains, the policy that sustains it involves the activity of sports and physical recreation, since these services are deficient.

The age group that corresponds to the first cycle of primary education: 6-9 years, in the mountainous areas of Sagua de Tánamo, has limited offers to cover their free time in a healthy and formative way,

being influenced by practices of adults, which are not in correspondence with their needs and are not related to their psychological development. This leads to the urgency of creating habits in these children through playful activities that attract their attention and in turn have an educational influence.

Generate recreational programs that stimulate mainly among children, adolescents and young people the practice of recreational physical activities in harmony with nature, they must be registered within the resources that must be exploited as tools for a healthy and superior recreation within the framework of the communities.

In order to be able to intervene with recreational programs, a condition must be met, provision of free time. Estévez, as cited in Mateo (2009), states that free time has been the subject of numerous discussions and debates among sociologists and psychologists for a long time. Their differentiation has generated numerous questions, which even today are not fully resolved. What has become clear is that free time is that which is available after completing the mandatory activities. This idea leaves total clarity of this concept.

Recreation is a phenomenon that has gained momentum in today's world, people feel the need to occupy their leisure time in activities that, due to their focus, mean recovery from the fatigue that intellectual work causes on the one hand and physical work on the other.

Few are the institutions that promote recreation in a pedagogically organized way, particularly physics. In Cuba, the planned and scientific development of recreation and specifically physics is constituted as a State and Government policy. The elevation of the comprehensive general culture of citizens has contributed to their identification in the need to use their leisure time in a healthy way.

For Dumazedier, as cited in Pérez (2003), he states that Recreation is the set of activities in which man participates, with the aim of resting, having fun or to develop his disinterested training, after having freed himself from his obligations.

Recreation is an activity inherent to the human being and necessary both for their individual and social development, as well as for their evolution. Recreation generates spiritual satisfaction and thereby contributes to man's productivity, to his full performance.

Physical recreation is a social phenomenon with a high incidence on the behavior of individuals, which is part of the set of recreational options and which have a marked presence in Cuban society as part of the State and Government policy.

For Ramos (2003), physical recreation is any activity carried out by a subject or group of subjects of a physical, sporting, or tourist nature voluntarily in order to spread out. This recreation can materialize from the competitive activity or simply from fun.

However, when intervening in a very specific age group, between six and nine years, it is vital to take into account the psychological particularities of this stage of development.

Psychic phenomena are the reflection in the brain of man of what happens in objective reality, which is why it becomes significant to know how the possibilities that children have for this reflection to occur evolve.

Referring to motivation at school age, Sánchez and González (2004) state that: "Motives linked to the present predominate, that is, their activity is governed by immediate motives and facts. The reasons for the game occupy an important place". (p. 130).

The foregoing is the basis for why games should play an important role in the child's actions and that the facts that promote the game are a stimulus to the need to solve them, achieving greater concentration in the activity.

Cognitive interest reaches different levels of development, at the ages of 6, 7, 8 and 9 years, it is closely related to the approval of the adult and oriented to the study process, the promoter playing an important role in conducting the child's learning through encouragement and follow-up.

At these ages there is a decrease in emotional excitability, the child achieves greater control of his physical reactions. Social and moral feelings are developed, such as: the sense of duty, friendship, respect and love in general. It is time to take advantage of these feelings based on the training process in values, by virtue of making it more effective on the one hand and on the other, the civic development of the child.

On the other hand "The volitional actions are underdeveloped, it is difficult for them to set objectives, the preparation to overcome difficulties is little expressed, already at the end of first grade, discipline is manifested eloquently, it begins to subdue their desires and actions". (Sánchez and González, 2004, p 132). Special attention must be paid to this issue, the promoter must propose tasks so that the child does not assimilate them as an orderly, but as a consequence of the game, of fun, taking advantage of the degree of discipline that manifest

Due to the characteristics of the research object, it is necessary to study the psycho-pedagogical characteristics of the personality development of the school between six and nine years, in search of a balance between the proposal and them.

All the previously shared information supported the idea of proposing a program to promote physical recreation in the La Güira mountain community, in harmony with nature. Considering the idea that a recreational program would promote the development of healthy and formative physical recreational

activities in harmony with nature in the La Güira mountain community for children between six and nine years old.

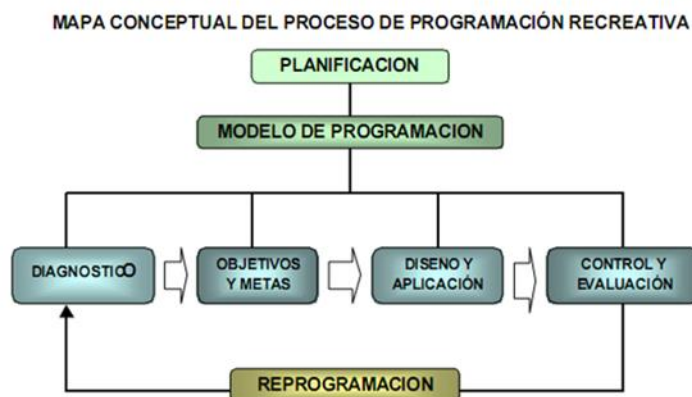
METHODS

The study was carried out with 32 children from the La Güira mountain community, which constitute the total population between six and nine years old belonging to both sexes residing in this community. They attend the first, second, third and fourth grades of the first cycle of primary education. They are integrated into the pioneer organization "José Martí" and the Movement of Pioneers Explorers.

By virtue of ensuring the scientific rigor required by an investigative process, methods and procedures were used that facilitated the obtaining and processing of data. Among them: Analysis-Synthesis, Induction-Deduction, Modeling, Survey, Interview, Observation, Mathematics-Statistics such as mode and percentage calculation.

The conceived recreational program is based on the model (Figure 1) proposed by Pérez (2003), to take advantage of the accumulated experience in this direction and the clarity with which its components are proposed.

Figura · 1. Representación gráfica del modelo de programa recreativo.



Fuente: Pérez (2003).

Why a recreational program? This decision is based on the idea that through a recreational program, sustainable planning is ensured, leaving no room for improvisation, and also guarantees the possibility of being corrected based on the evaluation of its implementation.

Results.

The experience was applied between the months of October 2021 and December 2021, in the mountain community of La Güira, 24 activities out of a total of 24 to be carried out, with the participation of 759 subjects, which means 98.9% of the total. to participate.

The survey carried out on the consumer users of the proposal led to the discovery that: of the 32 children participating in the instrument, 31 (96.8%) considered that the activities were good and 1 (3.1%) that they were regular. The criterion is also coincident in 31 (96.8%) of the users who are interested in participating in the activities while 1 (3.1%) sometimes.

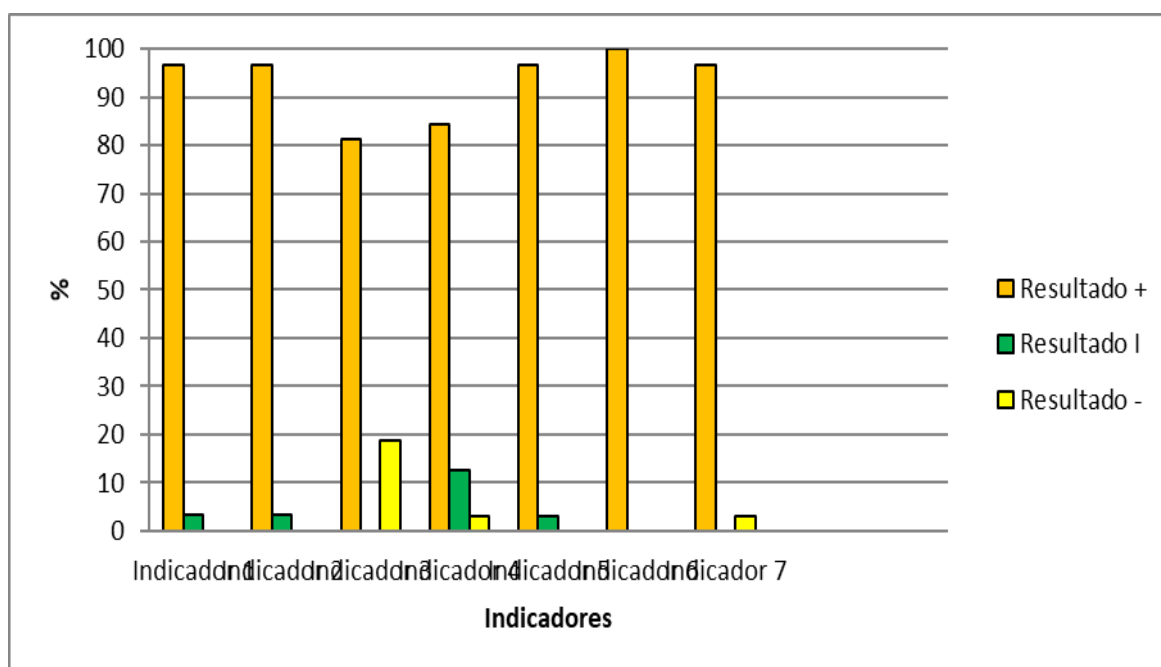
Regarding the appropriateness of the schedule, 26 (81.2%) consider it ideal, the remaining 6 (18.7%) do not, inferring the author of the investigation that the cause is given by its coincidence with part of children's television programming.

For 27 (84.3%) of the children the games could be carried out without difficulties, 4 (12.5%) estimated sometimes and 1 (3.1%) that it was complicated. Of the 32 children, 31 (96.8%) claim to have had fun during the development of the games that make up the proposed program, while 1 claims to have had a little.

100% of those who received the offers estimate that the recreation improved. In response to the question of whether they want the games to be held again, 31 (96.8%) answered yes and 1 (3.1%) no. Figure 2 shows the behavior of the positive, intermediate and negative responses.

Figure 2.

Behavior of the indicators of the user survey.



The observations made reflect that a motivating environment reigns, seen in the attitude that children assume towards homework. These data lead to confirm the initial idea that the program would be motivating and would guarantee happiness and satisfaction in the users.

In the activities there is an active participation of the children, observed in the demand to start the activity, in the willingness to assume the task and the desire shown to do it well. The satisfaction they show for what has been done, the permanent interest that the activity maintains in them ensures their permanence in them.

Unlike the observations made in the diagnosis, the promoters show a high willingness to face the proposed program, reflected through their interest in guaranteeing the material means, by the organization of the area where the activities are held, the level of preparation, which conditions the domain that they showed, in the animation that they promoted in the activities and the active role that they played during their development.

The interview with the recreation promoter and physical education teacher of the community under study provided that:

The acquisition of the means was feasible for them, the community cooperated in the preparation of some of them and others were assumed by the children themselves and the contribution of the promoter was also present, the raw material used came from the natural environment itself. That even when there was some suspicion with some media, in practice it became a motivating spring for users.

In the development of the program there were no major setbacks that could hinder its normal development, some weather effects, which in some cases were covered by carrying out the activity another day at the request of the children.

They consider that the program in practice was manifested in a general sense as it was proposed theoretically, that the children with the frequency that they carried out the activities, with the duration and the content of the same, did not show symptoms of saturation, on the contrary, They asked to do it again.

It is suggested that even when the days chosen and the schedule were appropriate and this was revealed by the high participation, the promoters reported that it could also be used in schools to carry out this type of activity and that users suggested doing it on weekends as well.

The participation of the children was high, starting from the high attendance at the activities, even winning the competition for children's television programming. They showed high willingness and motivation for what they did. The aforementioned are indicators that show the satisfaction of their recreational needs through the program.

From this experience, the children are more willing to participate in the activities convened by the promoters, there is a tendency to carry out the actions independently from the experience that they accumulated with the realization of the games, it is achieved in them greater concentration level. They have an attitude prone to the practice of these games.

They believe that the program must be systematized, extrapolated to other settlements and even create other similar alternatives.

DISCUSSION

The research that is presented, of a qualitative nature, is developed in a complex geographical physical environment, with an age group where, in practice, they had few recreational offers at their disposal, particularly of the physical type. Taking into account the limitations with implements and means, it was sustained in the exchange with the natural environment, incorporating the educational component by promoting care for the environment.

From the implementation, the results obtained through the scientific method, showed that there is correspondence with the idea that was defended that a recreational program that will link physical activity with nature, would provide a high level of motivation to participate in the users for which it was intended.

The results that are achieved are significant, from the pedagogical point of view, they show that with creativity you can promote recreational offers for different age groups that cover their needs and interests and that the environment, far from being a limiting factor, can be used in the development of activities. healthy and formative.

There are variables to take into account that can influence the successful development of the program and are fundamentally linked to the behavior of the climate and the influence and participation of the family.

The fundamental strength of the research is sustained in the conception of a recreational program, which ensures an objective and sustainable planning of recreational activities of a physical nature. On the other hand, it is limited by being developed in a mountainous community with particularities that differ from others, in a municipality characterized by the notable number of them, which demands a continuity that guarantees its generalization. The community where the study was carried out was intentionally selected, precisely because it is one of the most intricate, significantly separated from other communities, with a child population with few recreational offers and particular socioeconomic characteristics.

Other similar works have been developed, such as the Ortiz et al. (2017), who carry out an approach to physical recreation in the natural environment, intended for the training of university students; Ramos et al. (2011), links it with endogenous management; Batista and Otero (2019) venture into a similar direction; Enrique and Suarez (2019), for their part, relate it to the formation of an environmental culture, from community work.

Although the proposal that is presented is based on the management of recreation from the endogenous point of view and linked to nature, its objective is not intended to highlight these edges, but, taking advantage of these processes, to cover the demand for recreation of a population sector eager for physical and playful activity to cover their free time.

The research that is promoted through this scientific article constitutes a technology available to the pedagogical community linked to the promotion of physical recreation and physical education under conditions of physical-geographical complexities and limited availability of implements and means. recreational, putting creativity as the most important capital in the promotion of attractive offers that cover the needs and interests of the users to whom they are intended.

The need to promote a comprehensive training of children, leads to the urgency of offering physical activities that cover their needs and interests with a high healthy and formative content, which is why recreational programming is used as a tool that guarantees planning pedagogically sustainable of this type of service, which led in its implementation to cover a demand and provide satisfaction in a population segment eager for recreational activities.

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