

Main impacts of the project of the Turquino plan and second ring for a healthier life

Principales impactos de proyecto del plan Turquino y II anillo por una vida más sana

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ABSTRACT

The project “For a healthier life”, aimed at the communities of the Plan Turquino and the II Anillo, is based on traditional and popular games. It has satisfactory results, constituting a significant element in social prevention. It is implemented taking into account the tastes and preferences of the population of different age groups, optionally and systematically to contribute to their comprehensive training, positively influencing some aspects of their quality of life, verifying the above from the methods of the empirical level observation, interview and percentage calculation, used before and during the application of the project.

RESUMEN

El proyecto “Por una vida más sana”, dirigido a las comunidades del Plan Turquino y el II Anillo tiene como base los juegos tradicionales y populares. Cuenta con resultados satisfactorios, constituyendo un elemento significativo en la prevención social. Se implementa teniendo en cuenta los gustos y preferencias de la población de los diferentes grupos etarios, de manera opcional y sistemática para contribuir a su formación integral, influyendo de manera positiva en algunos aspectos de su calidad de vida, comprobando lo anterior a partir de los métodos del nivel empírico observación, entrevista y el cálculo porcentual, empleados antes y durante la aplicación del proyecto.

Keywords

Traditional games; Project; Turquino plan; Age groups.

Palabras clave

Juegos tradicionales; Proyecto; Plan turquino; Grupos etarios.

INTRODUCTION

The word recreation is heard today anywhere, the wide variety of its content allows each person to identify it in a different way, based on the multiplicity of forms and interests in the modern world can constitute forms of recreation. That is why many times we find that what for some is recreation, for others it is not, for example, caring for the gardens for some is a recreational activity and for others it constitutes their work. Many times this word in its content is confused with that of games, however, the first is broader than the second, although from the point of view of its fundamentals. Recreation for adults is equivalent to children's play. Following Johan Huizinga and other authors, we could establish that it is the turn of a person to a recreational activity of any nature, it will be framed within the forms of play.

An analysis of the concept leads us to look for its origin and we find it in the beginnings of man, with the emergence of a certain time to carry out activities that were not directly related to production, but it was not until the beginnings of industrialization, when the Work days were too long, and they were carried out in terrible conditions for health, which truly objective conditions exist, in order, together with the socioeconomic changes that would occur, to establish itself as a determining need in men.

Next, we present the conceptual approach to recreation by: Aldo Pérez, who expresses as a concept that "Recreation is the set of phenomena and relationships that arise in the process of taking advantage of free time through therapeutic, prophylactic, cognitive, sports activity. or artistic - cultural, without the need for an external compulsion and through which happiness, immediate satisfaction and personality development are obtained.

It coincides with the criteria expressed by these authors, but that of Aldo Pérez is assumed, adding that the most important thing for the participants, in addition to having the time available, that is, free, is to take into account the tastes and preferences of the people who participate in the activity, including the rest time that workers have to replenish their energy.

There is not doubt that the tastes and preferences of the population in its diversity of age groups, genders, occupations, etc. They are the ones that enable, allow to conceive and develop a good recreational project. The one we present is based on traditional and popular games.

Traditional games are those typical games of a region or country, which are carried out without the help or intervention of technologically complicated toys, it is only necessary to use your own body or resources that can be easily obtained from nature (stones, branches, earth, flowers, etc.), are those that are transmitted from generation to generation (parents to children, older children to small children...), having a certain continuity throughout a historical period.

The traditional games that are played today their origin, according to each case, can be very old. They are usually closely linked to folklore through nursery rhymes, songs, dances and other content from popular culture, which is why they are also called popular games.

Popular games are recreational activities that, at a given moment, are practiced by a majority of people, by a group of a population. They can also be related to the so-called popular sports, traditional sports, autochthonous sports or rural sports.

Some of these traditional games over time became sports, called traditional, so that their popularity among the inhabitants of a territory or country competes with the popularity of other conventional sports. Some examples: the greased stick, rodeo, fairground games, the chair game, etc. The origin of traditional games and sports is linked to the origin of each town, for this reason, they are called autochthonous games or sports. Other examples are: traction of the rope, the ball in hand, horse race, yoke and unyoke of oxen etc. Those who play mainly in the Turquino plan and II Anillo areas, where this work is framed.

DEVELOPMENT

With the introduction into the modern world of the technological revolution, which facilitates and promotes a new type of recreation, where people do not need to leave their homes, since they access it through their equipment, achieving the recreation they want. Phenomenon that occurs with a greater proportion in urban areas than in rural areas, it is also true that it has already touched in some way the mountainous area and II Ring of our province, where traditions were kept alive with greater socialization, achieving a higher quality of life. Defined by López Aranguren (1992) as the set of qualities that make life satisfying and pleasant, that provide happiness and satisfaction.

Today we realize that traditions are being overshadowed. Reason for which work is started intentionally to intensify the rescue of some traditional games practiced by our grandparents, parents and even ourselves, which have undergone transformations due to the use of technology, which despite the changes we work and we teach the children how their ancestors played it so that they don't get lost, and we rescue others that have been lost. What we were able to know after carrying out a diagnosis in the province, which resulted in the following problem: Insufficient physical-sports-recreational activities in the communities of Plan Turquino and Second Ring, based on the limited recreational offers for the different groups. ages (boys, girls, adolescents, youth, adults and the elderly).

The Provincial Sports Department, with the intention of preserving this culture in the Guantanamo province and, above all, maintaining the games that constitute a tradition that identifies a certain population or community and that were played by our ancestors, through the Department of Physical

Recreation, provides care special attention to these manifestations, which is why it creates and develops the project For a healthier life, whose essence is to give priority attention to the communities of plan Turquino and the Il Anillo.

OBJETIVE

Increase physical-sports-recreational activities in the communities of Deep Plan and The Second Ring, from varied recreational offers in correspondence to the tastes and preferences for the different age groups (boys, girls, adolescents, youth, adults and the elderly).

This project covers a total population of 205,886 people from the Turquino plan and the Il Anillo, directly benefiting 201,128, which represents 97%.

The application of this project in the province has been extended to the (10) ten municipalities with a total of 431 settlements and communities.

This project is taken as a sample the popular councils of Hatibonico Caimanera municipality with a population of 478, a sample of 167 representing 35% was chosen and teachers 15 representing 37% Monte Verde Yateras municipality with a population of 747 a sample of 261 was chosen that represents 35%. In the teachers, 12 were taken, representing 50%, for a total of 428 of the population and 27 teachers.

The United Nations Organization (UN) defines indicators as tool to clarify and define, more precisely, objectives and impacts, they are verifiable measures of change or result designed to have a standard against which to evaluate, estimate or demonstrate progress with respect to goals established in projects or programs.

The use becomes an instrument that makes it possible to objectively evaluate particular aspects of the execution process or the results of a policy, program or project, allowing an interactive process of information, in terms of the activities designed for the fulfillment of objectives and goals, can be permanently verified and analyzed to provide evidence regarding their effectiveness in achieving the proposed goals.

The variables of the indicators are quantitative and qualitative, they constitute a means to measure results of the goals reflecting the changes of an intervention, the indicators are needed to monitor the progress regarding the activities, objectives, products and goals.

For the evaluation of the main impacts of the project of the Turquino plan and Il anillo for a healthier life, it constitutes an obligatory tool to consult the philosophical foundations, since through the categories, laws and theories it allows to penetrate in the diverse fields of the reality in order to arrive

at the truth about the processes and phenomena of objective reality through subject-object interaction in practice.

For the proposal of indicators, qualities that lead to success when evaluating a program or project are assumed. Which the authors assume in this research.

1. Validity: they reflect and measure the effects and results of the program or project, and external factors.
2. Relevance: they correspond to the objectives and the nature of the program or project, as well as to the conditions of the context (social environment) where it is managed.
3. Demonstrable: they show the changes sought.
4. Relevance: they serve the user for decision-making, that is, they capture an essential aspect of the reality that they seek to express, in descriptive terms and in their temporal dimension.
5. Representativeness: they effectively express the meaning that the actors give to a certain variable.
6. Reliability: the measurements that are made by different people yield the same results.

The proposed indicators are based on the current conception of physical-sports-recreational activities in the Physical Recreation program for the different age groups with absence of indicators that allow evaluating the impact of the increase in activities, level of participation and level of satisfaction.

To assess the impact on increased participation, he proposes how:

Variable #1

- Incorporation of the population into the practice of physical-sports-recreational activities.

Indicators:

- Experiences of likes and preferences or dislikes experienced by participants in physical-sports-recreational activities.
- Active or passive participation during physical-sports-recreational activities.

Variable #2

- Level of increase in physical-sports-recreational activities.

Indicators 2:

- Quality of physical-sports-recreational activities based on animation, motivation and organization.
- Level of socialization with community factors.

Variable #3

- Increased level of satisfaction.

Indicators 3:

- Variety of offers, based on the tastes and preferences of age groups.
- Quality of life.

Each answer will be valued as positive according to the evaluation scale from 5 to 1.

Evaluation scale:

- Excellent level of satisfaction of the tastes in the activities carried out, if the interviewee of 6 indicators are all at level 5.
- Very good level of satisfaction of the tastes in the activities carried out: if the interviewee answers 6 indicators, 5 are at level 5 and 1 with regular.
- Good level of satisfaction of the tastes in the activities carried out: if the interviewee answers 6 indicators 4 with level 5 and one with regular and the other with bad.
- Regular level of satisfaction of the tastes in the activities carried out: if the interviewee answers 6 indicators, 3 with level 5, two with regular and the other with bad.
- Poor level of satisfaction of the tastes activities carried out: if the interviewee answers 6 indicators 2 with level 5 and two with regular and 2 with bad.

Variable 1 in the indicators through the interview with the population, it was possible to know that 332 consider active or passive participation excellent during the activities and the tastes and preference or liking that the participants experience in physical-sports activities -recreational 77%.

Very good active or passive participation during activities, 64 representing 14%. Regulate active or passive participation during activities, 21 level representing 4.9%.

Bad active or passive participation during the activities, responded 11 representing 2.5%.

Which shows that the variable and indicators are evaluated as excellent.

In variable 2 in the indicators in the interview with the population, it was found that 315 consider the quality of physical-sports-recreational activities excellent based on animation, motivation and organization, which represents 73%.

Very good 78 that represents 18%, physical-sports-recreational activities based on animation, motivation and organization.

Regular level of Quality of physical-sports-recreational activities based on animation, motivation, 25 responded at this level, which represents 5.8%.

Poor quality level of physical-sports-recreational activities based on animation and motivation: 10 responded, representing 2.3%.

Which shows that the variable and indicators are evaluated as excellent.

In variable 3 in the indicators in the interview with the selected sample, it was possible to know that 321 considered the activities carried out as excellent, which represents 75%.

Very good level of pleasure satisfaction in the activities carried out, 66 interviewees were at the level, which represents 15%.

Regular level of pleasure satisfaction in the activities carried out, 31 responded at that level, which represents 7.2%.

Poor level of satisfaction of the tastes activities carried out: 10 responded, representing 2.5%.

Which shows that the variable and indicators are evaluated as excellent.

MAIN IMPACTS:

A total integration of all the factors in communities and municipalities and other institutions is achieved, making possible the real occupation of the free time of the population in general in sports-recreational physical activities, contributing to the formation of values and raising their culture.

This project, based on traditional, popular games and the work activities of each community transformed into recreational ones, has turned the communities of the Turquino and Il Anillo plan into a spectacle on weekends, allowing considerable savings for the organization, without the presence of alcohol and other substances that can alter citizen tranquility, in addition, they served as an effective instrument for the prevention of crime and raising the standard of living of the population, combating non-communicable diseases such as: asthma, obesity, sedentary lifestyle, diabetes, among others

In the stage that the project is evaluated, a massive participation of the population in recreational physical-sports activities of 75% is achieved, which demonstrates the scope and result of this project and in turn increases the quality of life of the different age groups.

The number of game rooms built, rescued and revived is 26, as well as 18 baseball and soccer fields that received maintenance and were put at the service of the population as part of the Project, which were recovered with the help of the population of each one. of the communities. Of a planned \$423,000 plan, a total of \$260,000 was expended, saving the agency a total of \$163,000.

This project in the last 4 years developed 324 traditional game festivals at the municipal level and 48 central ones at the provincial level during the period.

It has been possible to generalize the project in 70% of the popular councils, of the territories on weekends, allowing prioritization and guaranteeing the link with these communities with social limitations.

Among the social benefits of the project are the results from the point of view of their quality of life as a concrete expression of human development, the physical, intellectual and volitional capacities of the

individual, which mainly means: healthy habits, high levels of socialization, self-esteem, sense of belonging, reasoning capacity and decision making.

The use of methods and procedures:

To carry out our research we had to rely on methods and techniques such as:

Empirical Methods:

Interview: It allowed to know some elements and criteria that can positively or negatively influence recreation, this was applied by recreation teachers who work in the 431 settlements, Plan Turquino Communities and II Ring of Guantanamo.

Survey: It was used to find out the criteria of the different age groups about the tastes and preferences related to the selected games, before applying the proposed games and after this.

Observation: We use it to evaluate how the different age groups manifest themselves, during the recreational activities developed through the Turquino plan project "for a healthier life" before and after the games are applied.

PROCEDURES:

We carried out our research based on the observation before the games were applied, as well as interviews with the teachers who carried out the recreational activities and a survey of the different age groups, to find out their tastes and preferences, all this was carried out since 2014, which starts this project until April 2019. Where the 372 activities developed as part of the project were visited, later, based on the same methods after applying the games, it was possible to verify the results that the research shows.

STATISTICAL TECHNIQUE: Percentage calculation: It allowed us to computerize the data offered in the investigation before and after applying the games.

CONCLUSIONS

After an exhaustive analysis of the subject we arrived at the following conclusions:

From this project, traditional and popular games are promoted, increasing these sports-recreational physical activities in the free time of the population. Integrating all the factors in the communities, municipalities and institutions. In addition, they serve as an effective instrument for crime prevention, raise the standard of living of the population and combat non-communicable diseases.

The construction, rescue, resuscitation and maintenance of the areas and facilities of these communities is stimulated with the help of the population, guaranteeing greater satisfaction in the services provided.

RECOMMENDATIONS.

Taking into account the difficulties detected in our investigation, it is necessary to make the following recommendations:

That the project proposal presented in our work, constitutes a reference material for all teachers, based on constant improvement.

Stimulate the teachers of these communities to conduct research on traditional and popular games, in order to create a book for future generations.

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