

Sports and recreational activities for female collaborators in the Angolan context
Actividades deportivas- recreativas para las colaboradoras en el contexto angolano

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ABSTRACT

Sports and recreational activities play an important role in contributing to the free time of employees in Angola, with the highest participation being by men. Actions have therefore been developed to incorporate women into these activities. The implementation of these activities favoured the improvement of motor skills and the well-being of female employees, being useful and viable for the distraction and expansion of the sports and recreational activities currently being carried out.

RESUMEN

Las actividades deportivas-recreativas desempeñan una labor importante al contribuir a la ocupación del tiempo libre de los colaboradores en Angola, observándose que la mayor participación es del sexo masculino. Por lo que se han desarrollado acciones para la incorporación de las mujeres en estas actividades. La puesta en práctica de las actividades favoreció la mejora de las habilidades motrices y el bienestar de las colaboradoras, siendo útil y viable para la distracción y ampliación de las actividades deportivas-recreativas que se desarrollan actualmente.

Keywords

Sports and recreational activities; Well-being; Skills; Motor.

Palabras clave

Actividades deportivas-recreativas; Bienestar; Habilidades; Motrices.

INTRODUCTION

Many authors have focused their studies on physical, sporting and recreational activity as a way to maintain an optimal state of health and as part of the general, comprehensive culture of the population. However, there is still work to be done to extend the benefits of physical exercise and especially work with women.

In the 2030 Agenda and the Sustainable Development Goals. An opportunity for Latin America and the Caribbean, it is stated that: "To achieve sustainable development, it is essential to guarantee a healthy life and promote well-being for all at any age (UN, 2015).

The attention to Cuban collaborators in Angola is not outside of this process, since physical and sporting activity plays an important role in promoting the physical and psychological well-being of collaborators. In this sense, sport and recreation are very important as they promote a set of activities that motivate participation, which employees can engage in spontaneously in their free time, thereby promoting active development, fun and improved health, increasing the quality of life.

It is not only about organizing free time activities, but about forming a culture that encourages the rational and healthy use of it, in such a way that the subjects guarantee the optimal use of the offers and potentialities offered by the sociocultural environment in which they operate, promoting alternatives emanating from their own reality and experience, so that the formation of a culture of rational and healthy use of free time becomes today a need of great importance (Vilas, 2020).

According to Zaldivar (2019):

Recreational sports activities improve joint mobility, increase concentration and emotional balance, starting from proper relaxation and awareness of the exercise to be performed. The result is greater harmony between body and mind, a vital aspect of collaboration: the physical and mental well-being of employees (p. 1)

Sports-recreational activities as a social good are accessible to all employees and in all age groups, who can participate in the benefits and advantages that this practice provides both in the educational and recreational fields, as it represents a significant option for improving quality of life and personal development. The regular practice of these activities is directly related to the health and mood it generates for those who do it, achieving physical, cognitive, emotional and social benefits by creating affectionate bonds with other employees. However, it is observed that in the scheduled sports-recreational activities there is little participation and

motivation of the employees, who do not participate in the active practice of physical exercises, which is detrimental to their quality of life and well-being.

The research is being carried out in the Cuito municipality of the Bié/Angola province, where collaborators belonging to the Health and Higher Education missions are working, predominantly female with an average age between 45 and 60 years. Based on interviews with the collaborators and the observation of recreational-sports activities, it was possible to identify the existing problems in the organization and planning of recreational-sports activities that are carried out, determining the following deficiencies:

- Low participation of female collaborators in recreational-sports activities.
- Few recreational-sports options where older female collaborators participate, since the activities are generally directed at young people.
- Lack of personal motivation since the activities carried out do not respond to the tastes and preferences for female participation.
- Female collaborators have little free time to participate in recreational-sports activities.

The difficulties mentioned above show that the options used to encourage female employees to take an active participation position in the scheduled activities and thus promote the healthy use of their free time are still insufficient. Therefore, the objective was to develop sports-recreational activities that motivate female employees in the Cuito municipality, Bié province, to actively participate.

The research addresses a core issue for the social development of the Cuban mission: the incorporation of female employees in sports-recreational activities, thus contributing to one of the demands of attention to the employee by offering a proposal of activities that diversify the recreational offerings that are usually carried out in the aforementioned municipality.

Sports-recreational activities

Free time is a period that is not economically productive, but productive from the human point of view where material goods are not produced, but rather satisfaction and personal growth for those who participate in sports-recreational activities (Ramírez, 2014).

Statistics show that men are more willing to play than women, women are usually less active than men in the practice of sports activities, there are notable differences regarding the preference of activities between collaborators of each sex, female collaborators like activities with musical support, oriented towards maintaining health and aesthetics and participation

games, moving away from sports activities and male collaborators prefer sports, competitive tournaments such as checkers, dominoes among others.

Sports-recreational activities fulfill educational purposes, since they transmit knowledge, encourage learning something new or reaffirm previous knowledge, are recreational because they provide fun and are attractive, accessible and interesting. In addition, they are creative because they stimulate imagination and fantasy through various forms of realization, as well as obtaining valid conclusions for the improvement of the activity. Likewise, they stimulate participation through cooperation or competition, promoting will and socialization among collaborators.

Their purpose is group practice because it is a very effective integration method to release the stress caused by the conditions of the mission and generate satisfaction.

DEVELOPMENT

In the diagnostic stage of the research, research methods and instruments were applied with the purpose of determining tastes and preferences that collaborators present regarding the development of sports-recreational activities, participation in them and the satisfaction that these caused them. Observations were made of the recreational activities planned by the municipality, taking into account the following aspects: conditions of the place (lighting, spaciousness and safety of the area), participation of employees (active or passive, predominant sex), types of recreational sports activities, quality, organization and availability of resources. Interviews were conducted with the employees in order to find out their tastes and preferences regarding recreational sports activities, and a time budget study was applied to determine the planning of the activities they carry out daily and the availability of free time.

Theoretical level methods:

- Analysis - Synthesis: allowed to study the process of sport and recreation, fundamentally the relation between supply and need and to put it in function of the well-being of the collaborators.
- Inductive - Deductive: it was used as a general method to determine the possible sport-recreational activities, as well as in the elaboration of the same, in such a way that it satisfies the interests of the collaborators.
- Empirical level methods:
- Observation: it was developed during the investigation for the determination of the problem and the analysis of the behavior of the collaborators in the sport-recreational activities.

- Interview: it was applied to the collaborators of the different missions established in the Cuito municipality to diagnose tastes and preferences in the elaboration of the proposal.
- Time budget study: it was used to carry out the analysis of the free time of the collaborators, which included the knowledge of the time spent in each one of the global or main activities carried out in a week, the magnitude of free time available, as well as the main activities carried out in this time. For this purpose, the self-registration of activities was used as an instrument.

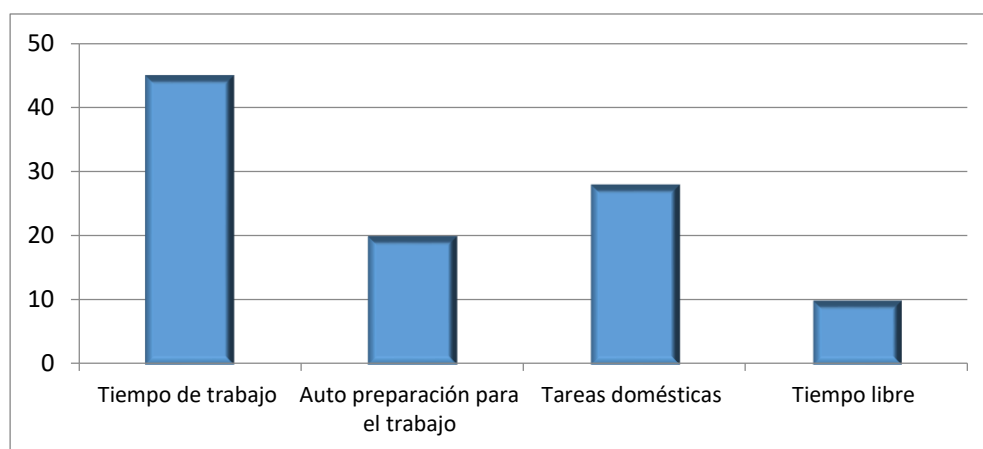
Mathematical statistical methods: percentage calculation was used in the processing of the information collected, facilitating the generalizations and interpretations that must be made from the data obtained.

Analysis of the results

In observing the recreational sports activities promoted in the municipality, it was found that only one activity was carried out that involved all the collaborators; dance therapy, with a limited offer of activities that involve older collaborators, which shows the need to carry out various recreational sports activities that motivate their participation.

In the interview, it was found that the collaborators do not like sports games, preferring cultural activities, board games and participatory games.

When analyzing the time budget, it was found that most of the time is dedicated to work, domestic activities and self-preparation, with little time available for participation in recreational sports activities. (Graph No. 1)



Chart

No. 1 Distribution of available time, expressed in %

Proposal for recreational sports activities

After triangulating the instruments applied and the results of the diagnosis, the planning and design of the recreational sports activities was carried out taking into account the tastes and preferences of the collaborators with the purpose of achieving a fuller and more active participation of the same, based on the following objective:

- Guarantee the active participation of the collaborators in the recreational sports activities in the territory, with the purpose of promoting healthy lifestyles and habits that contribute to raising the quality of life.

In order to develop the activities, it was taken into account that these are considered as a conscious process of the physical, intellectual and volitional capacity of the individual, through participatory actions exercised with complete freedom of choice. They are not imposed or administered, since people choose how they want to recreate themselves.

Ten activities were designed that include cultural festivals, recreational sports festivals (FDR), participatory games and sports meetings. Two of the activities developed will be presented.

Name: Cultural Festival

Objective: To promote healthy recreation through different artistic manifestations through song and dance festivals, with the participation of the collaborators as protagonists.

Materials: Costumes and fashion outfits, makeup, music and audio equipment.

Development: It will be carried out through popular and traditional dances, fashion shows, singing competitions and comedy groups, taking into account the artistic attitudes of the collaborators.

Name: Sports meetings.

These activities will be developed on a monthly basis, between teams from the different brigades, taking into account the incorporation of women in the five-a-side baseball teams.

Objective: To promote the active participation of the collaborators through ball sports, taking into account the dimensions of the field and modification of the rules of the game to facilitate the active participation of the collaborators in them.

Materials: rubber or tennis balls.

Development: With the participation of the collaborators and the cooperation of the Physical Culture teachers, using the sports infrastructure of the centers, the sports meetings will be carried out, making adaptations to the regulations, taking into account the physical possibilities of the collaborators.

The sports-recreational activities developed are aimed at group practice, meetings or competitions, being beneficial both physically and mentally since they make us combine different skills such as coordination, balance or flexibility while making us feel more encouraged thanks to the release of endorphins.

They present a notable relevance and significance, based on the novelty of the proposal compared to the activities that were carried out previously, where there was poor participation of the collaborators, since they did not show motivation or taste for them, since only sports activities such as soccer, basketball and volleyball were promoted.

It is recognized that the effects of applying these activities are positive since they produce substantial improvements in the subject, develop interpersonal relationships, rescue social habits, improve their quality of life, increase their motivation and participation in sports-recreational activities and create a favorable social environment among the collaborators of the missions.

They contribute not only to the development of healthy recreation or improvement of physical abilities, but also to the self-development and well-being of the collaborators and to the comprehensive general culture regarding recreational sports activities of their participants.

In general, the structure, organization and content of the recreational sports activities promote the fulfillment of the objective and the obtaining of the expected results, making it possible to apply and generalize them to other municipalities in the province of Bié, where the collaborations are established (in accordance with the particularities and conditions of the municipalities)

CONCLUSIONS

The theoretical-methodological studies carried out in relation to the use of free time in the different literatures consulted show the need to search for alternatives that, based on objective realities, promote changes in attitudes of the collaborators who carry out missions in the Cuito municipality of the Bié province/Angola.

The initial diagnosis allowed us to identify the main needs that the female collaborators of the Cuito municipality of the Bié province/Angola presented in the recreational and sporting order and the need to search for recreational sports activities that, based on objective realities, promote changes in the attitudes of the female collaborators.

The recreational sports activities developed respond to the tastes and preferences of the female collaborators; with the practical application, their acceptance and the increase in their participation in correspondence with the free time they had were appreciated.

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