

Strategy to promote the incorporation of physical and recreational activities by elderly people in the communities of the Honduras popular council of the Manuel tames municipality

Estrategia para favorecer la incorporación a la práctica de actividades físico recreativas del adulto mayor de las comunidades del consejo popular honduras del municipio manuel tames

Yoandra Lara-Sánchez¹; Enrique Rivera Nápoles²

¹Lic. Dirección municipal de deportes. Combinado Deportivo Honduras. Guantánamo. Cuba.

²Dr.C. Profesor Titular. Facultad de Cultura Física. Universidad de Guantánamo. Cuba.

Email:

yoandrals@gmail.com

enriqueriverasnapoles@gmail.com

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ABSTRACT

This research is framed within the field of Physical Recreation, which is considered a necessity for human beings, whose benefits are recognized as a factor of health, physical condition, basis of sport and active way of life for the well-being of man. Theoretical and empirical methods of scientific research were used, such as historical-logical, systemic-structural-functional approach, analytical-synthetic, inductive-deductive, hypothetical-deductive and in empirical methods, content analysis, observation, survey, interview, specialist method, pre-experiment, triangulation and mathematical and statistical processing.

RESUMEN

La presente investigación se enmarca en el campo de la Recreación Física, la que se considera como una necesidad para los seres humanos, cuyos beneficios se reconocen como factor de salud, condiciones físicas, base del deporte y forma de vida activa para el bienestar del hombre. Se utilizaron los métodos teóricos y empíricos de la investigación científica, como el histórico lógico, enfoque sistémico-estructural-funcional, el analítico-sintético, el inductivo-deductivo, el hipotético deductivo y en los métodos empíricos, el análisis de contenido, la observación, la encuesta, la entrevista, el método de especialista, el pre-experimento, la triangulación y el procesamiento matemático y estadístico.

Keywords

Physical Recreation; Rural Areas, Bigger Adult; Popular Council; Strategy.

Palabras clave

Recreación Física; Zona rural; Adulto Mayor; Estrategia.

INTRODUCTION

Physical activities are considered a necessity for all human beings, regardless of race, sex, age and place of residence. Their benefits are recognized as a factor in health, physical conditions, the basis of sport and an active way of life for human well-being.

In this sense, INDER and other institutions associated with sport in Cuba assume physical activities in free time as a right of all, which is understood from the National, Provincial, Municipal and Community levels.

The structure in the direction of physical-recreational activities covers different manifestations of Physical Culture, with a greater emphasis on Physical Recreation, which according to Pérez, A. () by Physical Recreation is understood "the set of activities of physical-sports or tourist content to which man voluntarily dedicates himself in his free time, for active rest, fun and individual development", which has as a social mission the instrumentation of programs and projects that contribute to the healthy use of the free time of the population, in its diversity of gender groups, ages and occupations, which is established by the Guidelines of Sport for all and Sports Training, (26, 1) whose objective is directed to "multiply the massive practice of sport, of school Physical Education, of adults and systematic Physical Recreation in the community, guaranteeing the quality of these services, implementing and directing the policy of the practice of sport for all in the spheres and sectors of the social life of the country, guaranteeing the systematic and broad popular participation"

The Physical Recreation Program at the national level has the purpose of conceiving, coordinating, ensuring and controlling physical, sports and recreational activities within the framework of the community and other environmental objectives, through integrative or specific projects, based on both the mission and the vision of the institution.

The strategic objective of the Physical Recreation Program states: "for each school year, the vision (where we are going; what is our long-term goal) with which the actions that direct the National Recreation Directorate are projected, based on the results achieved in the preceding stage, for the increasing fulfillment of its mission. Even though its formulation may be modified from one edition of the Program to another, or between the national version and those of the territories (provinces and municipalities)."

In this way, strategic planning is designed from the highest level, taking shape in the provinces and municipalities, however it is necessary to assess this planning for the effectiveness of the Physical Recreation process, at all levels from the nation to the neighborhood, to take their experiences and adapt easily to the changes that are occurring in society.

Ramos, A. (2003), states that "in recreational programming, in its strategic plan, the participation of Physical Recreation in local development is analyzed and through this, the free time physical activities, allowing the link between the actors, in the social organization of innovation in the Physical Recreation process, the information system of the needs of Physical Recreation in the Communities, the application of the geographic information system, the technological profile of Recreation and its strategic planning; the integration of these methodological steps enables efficient decision making in local development and in Physical Culture, local human development and in the quality of life of the population."

When planning physical recreation activities, not only the interests and preferences of the different age groups of the inhabitants of a popular council must be taken into account, but it is also necessary to attend to the particularities of the community environment and its traditions, where they are going to be developed, the psychological, physiological and sociological characteristics of the population for which it is directed, because recreational activities as a local phenomenon will differ from one council to another, from one municipality to another, since they depend on factors that make the structure of free time different from one area to another. Considering the characterization and scope of the various recreational disciplines within Community Recreation, whose technical and methodological aspects define the internal objectives of specialists at different levels, the assessment of the level of professionalism of the methodological structures that ensure the direction and control procedures, it is convenient to address significant aspects, such as the benefits that these activities bring to the population, which has been measured in terms of participation for the healthy use of free time, but it is important to appreciate the values that are formed by carrying out these activities, such as: Favorece las oportunidades de contacto, comunicación y toma de decisiones comunitarias para fortalecer de esta manera la identidad y pertenencia al Barrio.

1. Facilitate access to facilities, equipment, work centres and reduce the need to travel.
2. Develop public space as a space with various functions (stay, socialise, exchange, and play) not exclusively intended for movement.

For this reason, it is important that teachers who deal with this activity develop the ability to organize physical recreation activities during free time, in such a way that they fulfill all their functions: entertainment, fun, replenishment of psychic and physical strength, as well as the development of personality.

The need to ensure massive participation of the Elderly and increase the number of recreational options, requires transforming the concepts that currently exist around Recreation, and defining new

ways of working that change the mentality of the population, based on understanding the importance of recreational activities in the context where they are located.

The physical-recreational activities that are developed in the field of Physical Recreation and in the community, field of interest in this work, are seen as a factor of social well-being that contributes to human development, where self-knowledge, interaction and communication with the social context serve as a fundamental basis for building a better quality of life. These activities promote the intellectual, psychological and physical development of the individual. Through this type of recreation, values are acquired that benefit development at a local level, since the objectives are placed first and foremost on the collective, made up of children, adolescents, young people, adults and senior citizens.

According to studies carried out to learn about the physical-recreational activities that are developed in the People's Councils, specifically in the Manuel Tames municipality, Guantánamo Province, chosen by the author as a guide municipality to carry out the research, they demonstrate the need to increase and seek variants in the offers of Physical Recreation activities, to satisfy the recreational demands of the inhabitants, which is currently affected by the following difficulties:

1. New teachers with little training in specific Physical Recreation activities.
2. Few offers of physical-recreational activity variants for different age groups.
3. Poor use of the means for the development of physical-recreational activities.
4. Lack of facilities for the use of physical-recreational activities.
5. Little use of material and natural resources for the development of physical-recreational activities.
6. Little participation of the Elderly in the physical-recreational activities offered in the Community.

From the above approaches, the following scientific problem was defined:

How to promote the incorporation into the practice of physical-recreational activities of the Elderly in the Honduras Community of the Popular Council of the Manuel Tames municipality, Guantánamo province?

The object of study is framed: process of incorporation into the practice of physical-recreational activities of the Elderly in the Honduras Community, and as a general objective: to develop a strategy that contributes to the incorporation into the practice of physical-recreational activities in the Honduras Community. The field of action of this research is framed in the proposed strategy.

As a possible solution to the scientific problem of the present research, the following hypothesis is based: the application of a strategy, which includes the diagnosis to managers and teachers of Recreation, the application of activity plans and a project linked to physical-recreational activities, considering the physical-environmental and sociocultural aspects, will promote the incorporation into the practice of physical-recreational activities of the Elderly in the Honduras Community of the Popular Council of the Manuel Tames municipality, Guantánamo province.

The following specific objectives are set out accordingly:

To establish the theoretical bases that support the need to incorporate the population into the practice of physical-recreational activities with strategic planning.

To determine the tastes and preferences as well as the ways in which the population uses their time in the People's Council of the Manuel Tames municipality, Guantánamo province.

To establish the criteria of Recreation managers and professionals on the behavior of Recreation at a local level and the main difficulties that arise.

1. Prepare the objectives and content of the training program for the Recreation teachers who will be involved in the implementation of the strategy, as well as the bibliographical materials to support the process.
2. Select the content corresponding to the different stages of the structure of the strategy to be developed, as well as the plans and project that it includes.
3. Check the validity and feasibility of the developed strategy.

The scientific novelty consists of a local development strategy, conceived from a broad diagnosis of tastes, preferences and total time use of the population studied, the training and updating of Recreation teachers in the territory on specific theoretical-practical topics necessary for its correct implementation, which has various plans and a project of physical-recreational activities, which favor the incorporation of the Elderly to them and which constitute an effective means to influence a change of mentality in the different age groups.

DEVELOPMENT

Theoretical references that support the need to incorporate the elderly into the practice of physical and recreational activities from the popular council

With the intention of revealing the arguments that from the theoretical-practical point of view support the work of Physical Recreation in the Municipal-Provincial and National Popular Councils of the Country, related to physical-recreational sports activities, the author considered pertinent to inquire into the behavior of the subject in general and particularly, the treatment given to recreational

activities in the Elderly, where he delves into different opinions of important authors who study the subject, on concepts and definitions of physical-recreational activities, free time, the concept of Recreation and Physical Recreation, among other aspects of theoretical importance in this area, therefore below are references to several scientific definitions assumed by the author, which allows to obtain consensus about how these are manifested in the Communities of the Honduras Popular Council of the Manuel Tames municipality. In order to try to explain the intention of the strategy used in this research, the author assumes the definition of Addine, F. (2013), the process oriented towards maintaining a dynamic balance between the organization and execution of educational work through a constant search for possibilities and resources to adapt the needs and operations of the teaching-learning process with the change of the students and their environment... (p. 25). In addition, Addine, F. (2013), considers it as "integrated sequences, more or less extensive and complex, of selected and organized actions and procedures, which attend to all the components of the process, and in this way, achieve the proposed educational goals."

Definition of: physical activity, recreation and physical recreation.

The physical-recreational activities that are developed in the Popular Councils have important significance for the members of the Elderly, social magnitude and repercussion in the community, through these activities to which the individual voluntarily dedicates his free time for active rest, fun and individual development.

Based on the analysis carried out by Ramos, A. (2003) of the assessment of the concepts Physical Activity, Free Time, Recreation and Physical Recreation on the criteria of authors, who consider that "Physical Activity" has been understood only as "the movement of the body". However, this idea must be overcome to understand that Physical Activity as the author himself states "is the intentional human movement, which as an existential unit, seeks the objective of developing its nature and potential, not only physical, but psychological and social in a given historical context".

Free time, its importance to mitigate low time from and for communities.

The authors Ramos, A. (2003) and Zamora, R. (1995) when referring to Free Time state that "the subject of leisure and free time is among the most analyzed, debated and sometimes poorly defined; in social practice at certain times it is arbitrarily understood. For some, the central variable goes through objectivity or subjectivity, through the intimate feeling of freedom or through the concrete and verifiable exercise of actions that imply a commitment to reality; this approach comes from philosophy".

Pedagogical approach to free time in the popular council.

In this regard, Pérez, A. (2003) refers that the pedagogy of Free Time “constitutes a strategic alternative and is linked to the educational function that free time has” coinciding with the prominent French sociologist dedicated to the studies of free time Dumazedier, J., cited by the same author, who states that “technical society produces new needs for education during free time.

In this sense, the author of this research suggests that there are conditions that spontaneously call for the participation of the population in Physical Recreation actions without the need for great mobilizing efforts, precisely because they respond to generalized tastes and preferences for the people, among which are:

- Popular sports events (baseball, boxing, football...)
- Traditional games (children's, country, fair...)
- Popular board games (dominoes, checkers, parcheesi, cards...)
- New events (model aeroplanes, dog sports, kites and flying objects...)
- Extreme sports (skydiving, cycle acrobatics...)
- Water activities in the summer (beaches, rivers, swimming pools...)
- Cultural and social activities (carnival, fairs...)

Structure of the strategy to promote the incorporation of elderly adults in the practice of physical-recreational activities in the communityhonduras

The word strategy comes from the Greek word “estrategos” which means general.

Its origins are revealed in the military field and are transferred with great success to the economy, business management and other spheres of society. Currently there is no universally accepted definition of the concept of strategy; this term is interpreted from different points of view depending on the context where it is used.

To develop the proposed strategy the following elements were taken into account:

Introduction. The organized and systematic implementation of Physical Recreation activities that are developed in the Honduras community, have not only proven to be a beneficial practice for Adults, but also, an emerging need for the prevention, development and rehabilitation of health; that is, an important way in the search for a higher quality of life.

Diagnosis of the current situation.

- There is a noticeable deterioration in the state of the sports facilities, a lack of marking and delimitation of the land, which affects its use and discourages the incorporation of adults into the activities.

- The available spaces are not sufficiently used and remain idle to create at least rustic conditions for Physical Recreation.
- The diversity of current offers does not satisfy the expectations of the Elderly.
- Description of the desired state.

The desired state in general terms is the aspiration to achieve a culture of free time that includes the creation of objective and subjective conditions for free time to be used in activities of healthy enjoyment, which contribute to the development of values in the Community.

Strategic planning.

Table 1. Schedule of actions.

Nº	Schedule of actions	Date	Responsible
1	Preparation of the recreational sports activities plan.	January to March/2024	Municipal Methodologist for Recreation.
2	Analysis and approval of the activity plan.	Agost/24	Head of the Municipal Department and Methodologist.
3	Agreements with agencies and organizations.	July- agost /2024	Head of the Municipal Department and Methodologist.
4	Evaluation of the activity plan.	September 2024	Director and Presidents of the Popular Council, Head of Department and MunicipalMethodologist.

Instrumentation.

Table 2. Description of components.

Components of the strategy	Indicators				
	Aplication	Conditions	Date	Participants	Responsible
Preliminary studies.	Sessions dedicated to bibliographical study and diagnostic studies.	Conducting work sessions	September To December/ 2023	Directors of Sports combinations, methodologists and teachers.	Author.
Organization and training.	Indications on the actions to be developed as part of the strategy.	Participation in meetings with the INDER management	January and February /2024	Directors of sports teams, methodologists and professors	Researcher

Evaluation.

Studies on the level of satisfaction of the elderly population. Surveys will be applied on the satisfaction of the inhabitants regarding the recreational offers.

Evaluation meeting of the results of the application of the strategy.

Periodic check-up meetings will be held on the application of the strategy where its evaluation will allow obtaining criteria on the results, defining the achievements and the obstacles that have been overcome, as well as being able to carry out an evaluation of the approximation achieved to the desired state. The number of incorporation of the inhabitants to the planned activities will be an important evaluation indicator.

Graphic representation of the strategy.

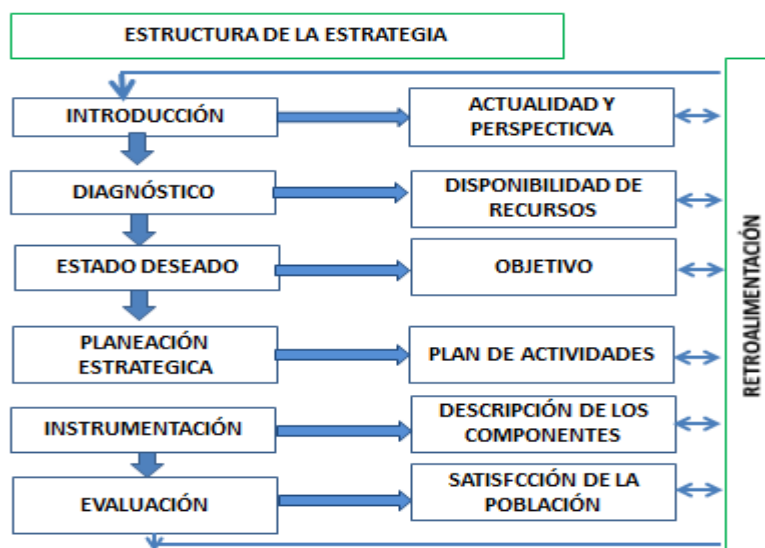


Figure 1. Strategy to promote the incorporation of older adults in the communities of the Honduran Popular Council of the Manuel Tames municipality into the practice of physical and recreational activities.

This chapter demonstrates the diagnosis of the current situation regarding Physical Recreation, a content analysis of the documents that regulate Physical Recreation, the availability of facilities and material resources necessary for Physical Recreation, the availability of human resources to meet the demand, and it is proven that there is a notable difference in preferences in activities, schedules and places for the practice of recreational activities, which is still unsatisfied, in particular those directed to the Older Adult group are highlighted.

CONCLUSIONS

1. The analysis of the specialized literature allowed to establish the theoretical framework that supports the strategy, delving into the current theoretical trends related to the contribution that

Physical Recreation provides to different ages, as well as a general characterization of it in the Popular Council and its impact on the quality of life, health and as a way to combat the stress to which the population is subjected.

2. The author agrees with several authors consulted in the research report that Recreation constitutes a cultural component that has its particularities in each locality and that must be addressed with that consideration.
3. The results of the initial diagnosis, on the satisfaction of tastes and preferences in
4. The Elderly, confirmed the lack of physical-recreational activities, establishing the main recreational needs that allowed to implement a strategy to promote Physical Recreation in the selected Popular Council of the Manuel Tames municipality, Guantánamo province.
5. The consultation with specialists and the pre-experiment applied, demonstrated the validity and feasibility of the strategy developed to meet the demands of Physical Recreation in the Elderly in the Honduras Community of the Popular Council selected from the Manuel Tames municipality, Guantánamo province, which confirms the formulated research hypothesis.

RECOMMENDATIONS

Suggest to the Municipal Sports Directorate, that it apply the proposed strategy, evaluating the results and establishing a dynamic of updating it in correspondence with the difficulties that may arise considering the interests, tastes and preferences of the Elderly.

Taking the experience of the Popular Council studied, generalize the results obtained, making the necessary adjustments in correspondence with the characteristics of each locality as well as the existing technical and material conditions.

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