

**PSYCHOLOGICAL AND SOCIAL FACTORS OF ESTIMATES OF EFFECTS OF RECREATION****Predrag Dragosavljević<sup>1</sup>, Žarko Bilić<sup>2</sup> and Gorana Tešanović<sup>1</sup>**<sup>1</sup> Faculty of physical education and sport, University of Banja Luka, Bosnia and Herzegovina<sup>2</sup> Faculty of sciences, University of Mostar, Bosnia and Herzegovina*Original scientific paper***Abstract**

For a proper understanding of the contents of recreation in the everyday lives of people in general, as well as in certain social groups within which the certain recreational activities are carried out, it is necessary to consider the most important factors that influence and determine directly or indirectly man in relation to recreation. Since it is likely that a number of factors determines commitment of individual to engage in recreational activities, it is expected that the very evaluation recreation effects will be different, both in scope and intensity, because people differ in a number of social - experiential and personal characteristics. Given that in our society tremendous changes occurred, it is very interesting to correlate psychological and sociological factors as drivers of certain recreational facilities and activities. Performing of these activities the specific needs of individuals are satisfied as well as society at all. This research was conducted with the aim to review the assessments of the effects of recreation in the interconnectedness of psychological and social factors. The research was conducted on a sample of 553 participants, residents of the western part of the Republic of Srpska, of which 132 participants did not engage in recreation, 169 of them are engaged in recreation occasionally, and 252 subjects engaged in recreational activities regularly. This study used questionnaire for assessing the effects of recreation and scale for testing the general attitude towards recreation. The survey showed that participants estimate that for them the greatest effect recreation "in health", and the smallest effect "in fashion and contemporary trends", that is half the participants significant source of differences in the assessment of the effects of recreation, and that, regardless of place of residence, is dominated by an assessment of the significance of recreation for health. Global overview of the results shows that among the participants prevailed moderately positive and vacillating attitude toward recreation.

**Key words:** *psychological and social factors, sports, recreation, sex, place of residence, the effects*

**Introduction**

For a proper understanding of the contents of recreation in the everyday lives of people in general, as well as certain social groups within which the certain recreational activities are carried out, it is necessary to consider the most important factors that influence and determine directly or indirectly man in relation to recreation. 18% of 24 billion dollars are the costs for heart disease, which are attributed to absence of physical activity, as well as 22% of the \$ 2 billion for patients with colon cancer (Colditz, 1999). In the UK 20% of the population is obesity, the cost which are partly attributed to the absence of physical activity are estimated at 500 million pounds a year, and obesity and related diseases at the same population cause 18 million days of sick leave (Close, 2006; Hill et al., 2007). It is certain, however, that active involvement in human recreation and its relationship to these activities shows his complete personality, which determines the different features and social environment in which man lives. The economic consequence caused by physical inactivity is estimated at 910 million euros for a population of 10 million people, with half of physically inactive. Recorded 3.1 million days of accrued sick leave as may be related to physical inactivity in a population of 5.5 million people (Petrović-Oggiano et al., 2010). Studies of incidence of infection, which can occur as a consequence of modern life dominated by sedentary style, aimed at determining the

correlation level of physical activity with the degree of illness in certain groups of diseases (HNB/MNB), have shown a reduction in mortality rates when performed regular physical activity (Paffenberger, 1994), and that walking and jogging replaced treatment and rehabilitation (Tanasescu et al., 2002). Lack of physical activity (12% - 14%) causally associated with colorectal cancer (Slattery, 2004), 7, and provides the highest level of protection of breast cancer (Fridenreich et al., 2001). Since it is likely that a number of factors determines orientation of individual to engage in recreational activities, it is expected that the very evaluation recreation effects will be different, both in scope and intensity, because people differ in a number of social-experiential and personal characteristics. In addition, it is likely that, despite the general relationship (positive or negative) of the citizens towards recreation, will be made out important differences in relation to certain effects that citizens prefer, from whom they expect a greater benefit. As a part of the elaboration of the problems of pedagogical-psychological characteristics as factors to assess the effect of recreation, it is necessary to consider not only each other connection of characteristics collected from participants assessments as recreation, but also to determine whether and to what extent the pedagogical-psychological characteristics of factors assess the effect of recreation.

In other words, whether and in what manner the direction and intensity with which the pedagogical-psychological characteristics of participants determine the assessment of the effects of recreation. Given that in our society, tremendous changes occurred, it is interesting to correlate psychological and sociological factors as drivers of certain recreational facilities and activities, of which the practice is meeting the specific needs of individuals and society. The importance of small sporting events of regional, local or amateurs do not have a lot of public attention because of minor economic importance to the state, but have a positive economic impact on the host contests and encourages the development of the tourism industry of the region (Daniels, 2003). If we talk about determinants that influence the acceptance and involvement (or non-acceptance, passivity), it seems that is necessary to ask the question: What are the dynamic forces that encourage or discourage participation in sports and recreational facilities and activities, and what personality characteristics are determined the behavior of individuals? This research was conducted with the aim to review the assessments of the effects of recreation in the interconnectedness of psychological and social factors.

## Methods

Given the complexity of the case studies, formulated aim of research and selected research methods, the research was conducted on a sample of 553 participants, residents of the western part of the Republic of Srpska (Prijedor, Gradiška, Srbac and Banja Luka), of which 132 participants did not engaged recreational activities, 169 of them are engaged in recreation from time to time, and 252 subjects engaged in recreation properly. The sample size and the method of selecting participants who are not actively involved in recreation is done on the model of a multi-stage stratified random selection, while other participants were chosen from groups: Physical

Education Teachers, active amateurs (club members) or the ones who are currently involved in the implementation of programs of some recreational groups. Bearing in mind the choice of possible scientific methods, and taking into account the nature of the problems that research, the types of data collection instruments and other factors, in a study we use two methods: the method of theoretical analyze and empirical - nonexperimental method or Survey method. Applying the above methods is done empirical research and testing the assess of the effect of dealing with recreation, but also established social status of the participants. Survey method as a form of field research is used to collect and analyze data in order to determine the state, establishing a tendency and drawing conclusions of general views and their universal meanings. In this study for the purposes of collecting relevant data will be used the following instruments: a questionnaire for assessing the effects of recreation (the questionnaire was anonymous, and was filled with the written instructions which were given by the interviewer, and with help of instructions that are listed with each question, where it was necessary) and the Scale for the questioning of the general attitude towards recreation (Likert summation scale intended for questioning relations of subjects to different aspects of recreation, the reliability of the scale was determined using the "split-half" procedure, which checks consistency - the correlation between half of the scale is 0.6984, and the coefficient of reliability was calculated using the Spearman-Bronjn formula is 0.8152). For the processing of the data used statistical program SPSS 17.00. In other words, in data processing, in addition to frequency and percentages were calculated measures of central tendency (arithmetic mean) and variability (standard deviation), the association between variables (Score correlation) and testing of statistical significant of difference between the relevant variables (Hi-square test).

## Results and discussion

Table 1. Assessment of the impact of recreation

Effects of recreation	f	%
1) in health	177	32.00
2) for rest and relaxation	103	18.62
3) prolonging the life and working life	67	12.11
4) for fun and pleasure	61	11.03
5) maintaining the working capacity of	47	8.49
6) maintaining a beautiful looking	42	7.59
7) for a pleasant Leisure time	29	5.24
8) the regulation of body weight	12	2.16
9) for self-assertion	3	0.54
10) in fashion and modern trends	0	-
11) I do not see the benefits of recreation	5	0.90
0) no response	7	1.26

Table 2. Gender of participants and estimation of the effects of recreation

Sex:	Assessment of the effects of recreation										Σ
	Preservation health	Maintenance capabilities	Maintenance vitality	Regulation of body weight	Beautiful appearance	The rest and relaxation	Fun	Socializing	Self-assertion and affirmation	There is no benefit of recreation	
male	116	29	37	4	29	56	46	9	3	3	332
	34.94	8.73	11.14	1.20	8.73	16.87	13.86	2.71	.90	.90	
female	61	18	30	8	13	47	15	20	0	2	214
	28.50	8.41	14.02	3.74	6.07	21.96	7.01	9.35	0.00	.93	
Σ	177	47	67	12	42	103	61	29	3	5	546
	32.42	8.61	12.27	2.20	7.69	18.86	11.17	5.31	.55	.92	

Pearson Chi-square: 27.5213, df=9, p=.001150

Table 3. Place of residence of participants and estimation of the effects of recreation

Place of residence	Evaluation of the effects of recreation										Σ
	Preservation health	Maintenance capabilities	Maintenance vitality	Regulation of body weight	Beautiful appearance	The rest and relaxation	Fun	Socializing	Self-assertion and affirmation	There is no benefit of recreation	
city	87	37	26	7	8	62	34	7	3	1	272
	31.99	13.60	9.56	2.57	2.94	22.79	12.50	2.57	1.10	.37	
suburb	57	1	31	0	22	10	19	21	0	4	165
	34.55	.61	18.79	0.00	13.33	6.06	11.52	12.73	0.00	2.42	
village	33	9	10	5	12	23	4	1	0	0	97
	34.02	9.28	10.31	5.15	12.37	23.71	4.12	1.03	0.00	0.00	
Σ	177	47	67	12	42	95	57	29	3	5	534
	33.15	8.80	12.55	2.25	7.87	17.79	10.67	5.43	.56	.94	

Pearson Chi-square: 107.783, df=18, p=.000000

Table 4. The general attitude toward recreation and assessment of recreation effects

The general attitude towards recreation	Assessment of the impact of recreation										Σ
	Preservation health	Maintenance capabilities	Maintenance vitality	Regulation of body weight	Beautiful appearance	The rest and relaxation	Fun	Socializing	Self-assertion and affirmation	There is no benefit of recreation	
Mostly negative	0	0	3	0	0	0	0	0	0	0	3
	0.00	0.00	100.0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
unsure	29	13	7	4	1	29	1	11	3	5	103
	28.16	12.62	6.80	3.88	.97	28.16	.97	10.68	2.91	4.85	
Mostly positive	133	26	43	8	24	74	58	18	0	0	384
	34.64	6.77	11.20	2.08	6.25	19.27	15.10	4.69	0.00	0.00	
Extremely positive	15	8	14	0	17	0	2	0	0	0	56
	26.79	14.29	25.00	0.00	30.36	0.00	3.57	0.00	0.00	0.00	
Σ	177	47	67	12	42	103	61	29	3	5	546
	32.42	8.61	12.27	2.20	7.69	18.86	11.17	5.31	.55	.92	

Pearson Chi-square: 162.349, df=27, p=.000000

Insight into the results presented in Table 1. shows that participants estimate that for them personally, the greatest effect of recreation "in health care," as stated 32.00 percent of the participants, and the smallest effect "in fashion and contemporary trends", because neither one participant pleaded in following new trends see the benefits of recreation. Another major effect of dealing with recreation is that recreation serves "for rest and relaxation" as 18.62 percent of participants pleaded, followed by: to extend the life and work (12.11%), for fun and pleasure (11, 03%), maintenance of working ability (8.49) and maintain a beautiful appearance (7.59%).

In this study of socio-psychological characteristics of participants were analyzed sex and place of habitation. The results obtained are presented in Table 2. and Table 3. Insight into the results shows that half of the participants significant source of differences in the assessment of the effects of recreation, considering that the obtained chi-square = 27.5213, with 9 degrees of freedom, statistically significant at the 0.01 level.

This means that the differences in the assessment of the effects of recreation statistically significant with regard to patient sex, as can be seen in Table 2.

Insight of the results of interconnection assessments of the effects of recreation with the participant's place of residence shows that in all participants (Table 3), regardless of place of residence, dominate an assessment of the significance of the recreation for health care, but that differences occur in the other aspects. The research results obtained (Table 4) show that there are significant distinctions in assessing the effects of recreation with respect to the direction and intensity of general attitude towards recreation. The resulting chi-square = 162.349, with 27 degrees of freedom is statistically significant at the 0.01 level, which means that the established differences are statistically significant, as it can be seen in Table 4. Global overview of the results shows that the subjects prevailing moderately positive and unsure attitude toward recreation, while a negative attitude completely negligible, because none of the participants has no meaningfully negative relationship, and only three or 0.55 percent of participants have a moderate negative relationship, as it can be seen from Table 4. In this study, we assume that the social environment can significantly affect the individual, and that these effects show through the action of the factors in the immediate and wider social situation. Hence, in considering the interconnection effects of recreation and participants' characteristics of social experience takes into account and the impact of characteristic of social groups which the participant belongs. Research conducted in the countries of the European Union on a sample of 24,791 participants from 2004 shows that the reasons not to engage in physical activity for 34% of participants lack of time, 25% do not like sports, 4% is too expensive, and 3% have no adequate sports infrastructure close of life, and that the reasons for dealing with some physical activity improve health (mental and physical) 78%, the development of physical abilities 46%, 43% relaxation, entertainment 39%, to be with friends 31%. Stojiljkovic (1995) states that motives for engaging in recreation group membership 23%, relaxation and improve mental and physical fitness and health 14.6%, caring for ill health 9.5%, 6.8% aesthetic orientation and prestige and fashion 6.3%.

It is obvious that health, home, beautiful appearance and maintenance work and life skills are the most important effects of the recreation of which participants expect the greatest benefit, so that it becomes desirable activity with positive effects. It is interesting to note that a very small number of participants estimated that "there is no benefit of recreation," as declared only 0.90 percent of participants. Global score distributions to assess the effect of recreation on a sample of these participants clearly shows a high degree of positive evaluation on the effects of recreation. Research (Dragosavljević et al., 2014) conducted in the Bosnian entity - Republic of Srpska found that participants do not participate in sports and recreational activities (32.2%) or rarely practice

them (23.2%), while 13.8 % do so every day, and that men are far more active in sports recreation activities than women. The analysis of the results shows that the first two places in the ranking, both men and women prefer same aspects of recreation, except that slightly more males (34.94%) than women (28,50) estimates that for them the greatest benefit from recreation in health, and slightly more women (21.96%) compared to males (16.87%) in rest and relaxation. In other respects they differ assessment of subjects, because the third party men estimate (13.86%) compared to women (7.01%), while women maintain viability (14.02%) compared to men (11.14%). Another important result of this study is that the trainees at the self-assessment of health and attractiveness were significantly more positive than those who were not engaged (A. Djordjevic, 2002). It was assumed that the place of residence, also play an important role in the formation of attitudes towards recreation. For example, those who live in the countryside estimate that in addition to preserving health (34.02%) is the biggest benefit of rest and relaxation (23.71%) and the beautiful appearance (12.37%), and residents of suburban areas to the next preservation health (34.55%) is the biggest benefit of recreation in maintaining vitality (18.79%), aesthetic (13.33%) and socializing (12.73%), while participants who live in the city estimated that in addition to preserving health (31.99%) the biggest benefit is the rest and relaxation (22.79%), maintenance capability (13.60%) and entertainment (12.50%).

Havelka and Lazarević's results of exploration (Havelka and Lazarević, 1981) and Galić (Galić, 1995) showed that socio-demographic factors are quite influential in sports participation. In a number of factors that could significantly affect the assessment of the effects of recreation are certainly factors of valuator, or psychological factors. We believe in fact that the assessment of the effects of recreation closely associated not only with a range of experience characteristics of participants but also with his psychological characteristics. Among the main characteristics of personality, in addition to uniqueness, unity, coherence, identity and maturity, belongs and self-consciousness (Pajević, 2003).

Research Bouillet (2008), which reflects in Perasović's (2009) work, confirms the fact that shows that young intellectual potential social elite (sample of 325 students in Zagreb) their ideal leisure see in almost total passive form. The starting point, namely, that the attitudes formed in social interaction to represent readiness of individual to react in a certain way in social situation, to reflect the active relationship between individual and appearance in more social situations, and that are associated with the behavior, it means that directly or indirectly influence the actions of individuals to the phenomenon.

In other words, we believe that the general attitude towards recreation can significantly affect the assessment of the effects of recreation. Analysis of the results obtained on the interrelation between the general attitude towards recreation and recreation effects assessment shows that within the general positive attitude of the majority of participants to the recreation there are significant differences with regard to the assessment of the effects of recreation.

These differences are the most significant in subjects who are unsure of the general attitude towards recreation. Among the participants who are unsure attitude toward recreation is evident that the tendency of dealing with recreation can benefit in all aspects, but it is in this category of patients is evident and the most pronounced understanding that they do not see any benefits from recreation. On the other hand, in patients who have a positive attitude towards recreation there are evident differences in the assessment of the personal benefit of the individual aspects of dealing with recreation.

For example, participants who have generally positive attitude towards recreation estimate that for them personally, the biggest benefit of recreation is a prevention of health (34.64%), rest and recreation (19.27%) and entertainment (15.10%) while the patients who have an extremely positive attitude towards recreation have the most common estimates that the benefits of recreation is conformity of looks and movement, beautiful looking (30.36%), then preservation health (26.79%), and maintenance of vitality (25.00%). Such a situation can be found in the aftermath of the war, but the lack of respect of the community towards this area that is not so attractive as a marketing professional sport. (Dragosavljević, 2008).

Also, the lack of organization and organized exercise, and lack of green spaces and sports facilities, could be one of the reasons for these results.

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## Conclusion

Looking at the whole sample, it can be seen that participants share the opinion that engaging in recreational activities should have effects in health, for rest and relaxation, prolonging life and work, and for fun and pleasure. While, looking at interest for recreational activities by gender showed that women engage in recreational activities for prevention the health, rest and relaxation, and maintaining vitality, and men for the preservation health, rest and relaxation, fun, maintaining vitality, maintenance ability and good looks. It turned out that the place of residence conditioned the reasons for engagement in recreational activities, thus participants who live in the city and suburbs consider that the effects of recreation are maintaining of health and vitality, while those who live in the village consider that the effects of recreation should be to maintain health, rest and relaxation. Global overview of the results shows that the subjects prevails moderately positive and vacillating attitude toward recreation, while a negative attitude completely negligible, because none of the participants has no meaningly negative relationship, and only three or 0.55 percent of participants have a moderate negative relationship. This research has shown that awareness of the participants about the exercise and recreational activities developed to a great extent, and that the analysis of psychological and social factors received enough reliable information on the participants' needs for recreational activities, and their wants and needs in relation to sex and place housing. It can be concluded that this study demonstrated that the organization of recreational activities should be approached by analyzing many aspects and factors that may contribute to the pursuit of recreational activities, take into account the views and needs of the area in which they want to develop a culture for recreational activities and involve experts of various profiles in order to achieve the objectives and enable the conditions for engaging in organized recreational activities.

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## PSIHOLOŠKI I SOCIJALNI ČIMBENICI PROCJENE UČINKA REKREACIJE

### Sažetak

Za pravilno shvaćanje sadržaja rekreacije u svakodnevnom životu čovjeka uopće, a posebno kad je riječ o njegovoj manifestaciji kod pojedinaca, kao i u pojedinim društvenim grupama u okviru kojih se i odvijaju određene rekreacijske aktivnosti, nužno je poznavati najvažnije čimbenike koji utječu i određuju posredno ili neposredno odnos čovjeka prema rekreaciji. S obzirom da izvjesno niz čimbenika determinira opredjeljenje pojedinca za bavljenje rekreacijom, očekivati je da će i sama procjena efekata rekreacije biti različita, kako po obujmu tako i po intenzitetu, jer se ljudi međusobno razlikuju po nizu socijalno-iskustvenih i osobnih obilježja. S obzirom da su se u širem okruženju desile ogromne promjene, veoma je interesantno dovesti u korelaciju psihološko-sociološke faktore kao pokretače na određene rekreativne sadržaje i aktivnosti, čijim korištenjem se zadovoljavaju konkretne potrebe pojedinaca i društva. Ovo istraživanje je provedeno s ciljem sagledavanja procjene efekata rekreacije u međusobnoj povezanosti sa psihološkim i socijalnim čimbenicima. Istraživanje je realizirano na uzorku od 553 ispitanika, stanovnika zapadnog dijela Republike Srpske, od čega se 132 ispitanika ne bave rekreacijom, 169 ih se bavi rekreacijom povremeno, a 252 ispitanika se bavi rekreacijom redovito. U ovom istraživanju su korišteni Upitnik za procjenu efekata rekreacije i Skala za ispitivanje općeg odnosa prema rekreaciji. Istraživanje je pokazalo da su ispitanici procijenili kako je za njih najveći učinak rekreacije "u očuvanju zdravlja", a najmanji "u praćenju mode i suvremenih trendova", kako je spol ispitanika značajan izvor razlika u procjeni efekata rekreacije, te da, bez obzira na mjesto stanovanja, dominira procjena o značaju rekreacije za očuvanje zdravlja. Globalni uvid u dobivene rezultate pokazuje da je kod ispitanika prevladao umjereno pozitivan ali i kolebljiv odnos prema rekreaciji.

**Ključne riječi:** psihološki i socijalni čimbenici, sportska rekreacija, spol, mjesto stanovanja, efekti

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