

Recreational Consciousness as an entrance for investing leisure time of Older Adults at Assiut Governorate.

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Introduction:

Gerontology, the study of ageing and the elderly, deals not only with the physical process of ageing, but also with the related social and cultural factors. There are two contradictory processes we are concerned with. Elderly people in modern societies are of lower social status and with less power than in sub-modern societies, but are less prone to accept ageing as an unavoidable process of decay of the human body. Advancements made in the fields of medicine and nutrition demonstrate that what once was unavoidable, when ageing is concerned, can now be prevented or delayed.[1]

The last statistics of United Nations pointed out that world population will be over 9 Billions in 2050 and most of them will be of developing countries that their population will be over 506 billions during the current year and 709 billions in 2050, where 101

billion are over sixty years. According to the International Bank statistics, one third of world population at the beginning of the third Millennium will be over sixty years and in 2050 the average of individual age will be eighty years or more.[2]

The Older Adults in Egypt represents 6% of population and it is expected to be 21% of the population by 2050 the matter that entails providing them with their various needs especially social, psychological, physical and medical ones.[18]

Recreational knowledge is one of the behavioral aspects related to recreation as creational behavior is knowledge, information, performances, trends, and interests related to specific recreational activity. The shortage of knowledge and skills may lead to the negligence of recreation activity but if it is selected on-

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purpose, this will lead to good practice of creational activities enabling the practitioner to achieve his aim and enjoyment.[3]

The researcher conducted analytical study of Master and PhD theses in the field of recreation carried out from 1976 to 2014, and the researcher found 233 studies in this field, and studies rate in the field of recreational consciousness was 7.2% and the studies of the Older Adults was 6% of the whole studies representing small percentage inconsistent with the global and local interest of this category.

Many communities have looked after this age category, and established many specialized centers, and issued a lot of periodicals tackling topic of the Older Adults opening the field for researchers in different specializations to study this category wishing to provide them with better life .[4]

Thus the researcher tries via this study to support the interest of the Older Adults needing to special protection and care as they have positive abilities that can be invested to

contribute to society development processes.

Research Procedures:

The researcher used the descriptive approach (Survey Studies), and research community represented in the Older Adults amounted to 112 individuals and aged between (60-70) years residing in rest home, in addition to the participants of National pioneering project in Assiut Governorate amounted to 120 individuals, consequently the whole community will be 232 individuals. Research sample was selected using the intentional method amounted to 200 individuals distributed on two groups; each group consists of 100 individuals of the practitioners and 100 individuals of non-practitioners of recreational activities.

Data Collecting Tools:

The researcher used the questionnaire as a tool for collecting data, and analyzed the specialized scientific references and the questionnaire was presented to six experts in the field of recreation and psychology so as to get their opinions about five pivots represented in 96 phrases. (Recreational Concept Pivot, Spare time investment

pivot, Media & Recreational Consciousness. Recreational Active objectives, Recreational Activities Merits).

Scientific Correlations:

The researcher carried out a pilot study on 30 individuals representing Older Adults sample from 2/1/2015 to 17/1/2015.

1- Validity: The researcher used Inner consistency validity via calculating correlation coefficient between phrases score and its pivot total, and validity ranged between (0.361: 0.986) as the value of tabular R is (0.159) significant affirming the validity of the questionnaire.

2- Reliability: The researcher used the applying method and re-applying method so as to calculate the reliability of the questionnaire via correlation coefficient between first and second applying method and the significant value ranged between (0.627: 0.785) affirming the reliability of the questionnaire.

Applying on the main sample:

After checking scientific correlations of data collecting tools, the researcher applied the study on the main sample from 15/2/2015 to 10/3/2015.

Table No.(¹)

Table No. (1) Indicates the Older Adults response percentage of practitioners' recreational activities about recreation concept ranging between (%42.4: %96.0), while the Older Adults response percentage of Non-Practitioners' recreational activities about recreation concept ranged between (% 50.80: %93.60), and the researcher accepted the rate of %80 to accept and interpret study results. The results of this study are compatible with the study of "Belal Abdel Aziz Badawi, Walid Ahmed Abdelraziq"(2004)[5] and the study of Mostafa Ali Mahmoud(2007)[6] affirming that the concept of sport recreation activity of the Older Adults is related to happiness, rest, relaxation, and improvement of medical status, and developing participants' relations while the results of this study are inconsistent with the results of the previous study as the concept of recreational activities is not clear as per prevention from cardiovascular diseases due to the shortage of the Practitioner's knowledge and information received from

different social and educational institutions.

Table No. (1) Indicates the Older Adults response percentage of practitioners' recreational activities about the methods of investing spare time ranging between (%49.60: %77.20), while the Older Adults response percentage of Non-Practitioners' recreational activities about the methods of investing spare time ranged between (% 60.40: %82.80).

The results of this study are compatible with the study of "Mostafa Ali Mahmoud(2007)[6] indicating that the methods of investing spare time of practitioners' recreational activities are(TV, reading, sound Recordings and chat with friends), while the results of the study are incompatible with the results of Hazem Mohamed Yousef(2008)[7] affirming that the most important activities of students to be practiced during spare time are(Camps- Out door journeys-excursions-handicrafts).

Table No. (1) Indicates the Older Adults response percentage of practitioners' recreational activities about the Media and recreational

Consciousness ranging between (%74.80: %91.60), while the Older Adults response percentage of Non-Practitioners' recreational activities about the Media and recreational Consciousness ranged between (% 66.80: %87.20).

The results of this study are compatible with the study of "Belal Abdel Aziz, Walid Abd Elrazeq(2004)[5] indicating the ineffectiveness of media role and shortage of publications and means of communication leading to education negligence to spare time and the importance of participating in recreational activities. The results of the study are also compatible with the results of "Ayman Ibrahim(2001)[8]affirming that Tvsport programs do not take the due care of officials as the method of submitting these programs does not attract audience.

Table No. (1) Indicates the Older Adults response percentage of practitioners' recreational activities about recreational activities objectives ranging between (%79.60: %94.80), while the Older Adults response

percentage of Non-Practitioners' recreational activities about recreational activities objectives ranged between (% 65.20: %90.40). The results of this study are compatible with the study of **Summey, Hollie E,(2009)[9] and Terronez, Damien Gabriel (2008)[10]** indicating **that** recreational activities help people to be healthy and have good self concept with themselves and others .

Table No. (1) Indicates the Older Adults response percentage of practitioners' recreational activities about recreational activities merits ranging between (%76: %89.20), while the Older Adults response percentage of Non-Practitioners' recreational activities about recreational activities merits ranged between (% 70: %89.20).

The results of this study are compatible with the study of "Hazem Mohamed Mansour (2008) [7] and "Hossam Abdelaziz Gouda"(2008)[11] indicating that students' recognition of the importance of out-door recreational programs and the merits of recreation , while the results of the study are incompatible with

the results of Walid Taha Mosaad (2006)[12]referring to consciousness lack of the importance of practicing

recreational and sport activities at university cities in Suez Canal University.

Table No.(2)

Estimated score and percentage for Practitioners and Non-practitioners concerning recreational consciousness questionnaire pivots(s=200).

The Pivot	The Practitioners		The Non-Practitioners	
	Estimated Score	The Percentage	Estimated Score	The percentage
Recreation Conce	406.56	81.31	388.89	77.78
Spare time Invest	318.11	63.62	368.00	73.60
Methods				
Media &Recreatio	420.65	84.11	382.56	76.51
Consciousness				
Recreation Object	429.80	85.69	400.50	81.10
Recreation Merits	418.70	83.04	402.00	80.40

Table No. (2) Indicates the estimated score and practitioners and Non-practitioners' Older Adults response percentage about recreation consciousness Pivots, and the practitioners got %81.31 about the consciousness of recreation concept while the Non-Practitioners got%77.78 not exceeding %80, and the practitioners in the pivot of spare time investment methods got %63.62 while Non-practitioners got 73.60 as unaccepted rate indicating the consciousness lack of spare time investment various

methods due to activity shortage that may motivates the Older Adults to participation. It also points out that different means of media got 81.11% as an accepted rate for practitioners while Non-Practitioners got %76.51 as unaccepted rate the matter entailing supporting of media role in spreading Older Adults recreational consciousness and using of advanced media methods in indicating the importance of recreation in life of the individual. Practitioners' Older Adults got% 85.96 and Non-Practitioners got%

80.10% concerning the consciousness of recreation objectives. Practitioners' Older Adults got% 83.04 and Non-Practitioners got% 80.40% concerning the consciousness of recreation merits and this rate is considered an accepted rate

exceeding 80%.In the light of the previous results, the researcher managed to answer the first inquiry : what is the level of recreational consciousness of practitioners and Non-practitioners Older Adults for recreational activities in Assiut University?

Table No.(3)
Variance Analysis between groups in recreational consciousness questionnaire(S=200).

The pivot	Variance source	Sum of Squares	Degrees Of Freedom	Squares Mean	Test value	Significance
Recreation Concept	Between Groups	112.360	1	112.360	0.706	0.407
	Inside Groups	5415.089	34	159.238		
	Total	5526.449	35			
Spare Time Investment Methods	Between Groups	896.004	1	896.004	18.036	0.000
	Inside Groups	1689.111	34	49.680		
	Total	2585.116	35			
Media and recreational Consciousness	Between Groups	519.840	1	519.840	23.623	0.000
	Inside Groups	748.36	34	22.001		
	Total	1267.876	35			
Impact of sport Activities	Between Groups	343.396	1	343.396	11.977	0.001
	Inside Groups	1089.528	38	28.672		
	Total	1432.924	39			
Health and recreational consciousness	Between Groups	111.556	1	111.556	6.570	0.014
	Inside Groups	645.208	38	16.979		
	Total	756.764	39			

Table No. (3) Indicates differences significance between Practitioners and Non-Practitioners Older Adults in the dimensions of recreational consciousness:

- There are significant differences between Practitioners and Non-Practitioners Older Adults in the consciousness of recreation concept at the significance level of (0.05) in favor of the practitioners.

- There are not any significant differences between Practitioners and Non-Practitioners Older Adults in the consciousness of spare time investment at the significance level of (0.05).

- There are not any significant differences between Practitioners and Non-Practitioners Older Adults in the consciousness of recreation objectives at the significance level of (0.05).

- There are significant differences between Practitioners and Non-Practitioners Older Adults in the consciousness of recreation merits at the significance level of (0.05) in favor of the practitioners.

- The results of this study agrees with the study of Walid

Ahmed Abdelrazik(2001)[13] indicating that physical education teachers have sport recreational consciousness, and the preparatory stage students have not sport recreational consciousness, while the results of this study contradicts with the results of Adel Mohamed

Awad(2008)[14]pointing out that there are not any significant differences between the female students and male students in recreational consciousness, and also with the study results of Mostafa Ali Mahmoud(2007)[7]indicating that there are significant differences in the consciousness of media methods in favor of the students practicing recreational activities. The researcher attributed this to the shortage of media role related to practicing recreational activities and also the weakness of TV programs submitted to the Older Adults so as to be supported to practice recreation and increase knowledge and information that may positively affect the individuals trends and motivations toward practice, and this is affirmed by the results of

Sameh Hasan Abdo (2007) [15] indicating that different media means have positive impact on the increase of youth trends toward the recreational activities. The results of this study are consistent with the study of Ahmed Abdellah EL Kanani (2009) [16] indicating that there are significant differences between the students of practical and Theoretical Faculties in the consciousness of recreational objectives in favor of practical colleges students and also compatible with the results of Mohamed Ahmed Metwally (2010) [17] indicating that the students of AL-Azhar Institutions have the consciousness of recreational activities, and by this analysis, the researcher has managed to answer the second Inquiry : Are there any significant differences between practitioners and Non-practitioners Older Adults of recreational activities in the dimensions of recreational Consciousness?

- The Third Inquiry: In the light of answering the first and second inquiries, and the results of the study the researcher suggests the following:

First: Project Philosophy

The care of Older Adults issues is one of the indexes of nations development as they have an impact on the communities population composition and this impact is increased by the development of health care methods and the increase of age average, thus this project is considered one of the procedures providing care to the Older Adults via developing recreational consciousness supporting the behaviors of practicing spare time activities through recreation which is considered an integrated part of individuals life through different ages. Practicing of recreation will grant its practitioner the happiness and security in addition to good health.

Second: Project Objectives

1- Developing the Older Adults recreational consciousness so as to encourage the positive participation in spare time activities.

2- Activating the practice of Older Adults recreational activities in all institutions so as to achieve the best rates of social, mental, psychological, physical, and medical fitness.

Third: The beneficiaries are the Older Adults of (60-70) years in Assiut Governorate.

Fourth: Assisted Institutions:

- Sport and youth Directorate
- Centers of clubs and youth.
- Older Adults Rest home.
- Faculty of Physical Education.

- Different media means.

• **Fifth:** Administrative Policies:

1- Every institution of the assisted institutions should achieve its duties to achieve the project objective.

2- Work is done in an independence way and collective meetings were held every three months.

3- The branches will be provided with their needs so as to execute the project (Tools-equipment-materials-Teaching places).

4- Every sport and youth administration in the governorate should identify a branch responsible for this sector and club centers will support it.

5- Directorate of sport and youth will supervise branches and submits reports about project status and the obstacles

hindering the achievement of objectives.

6- Setting plan of media in which the methods of communication with the audience varied about the importance of recreation and its educational role in the life of Individual.

Sixth: The Content:

1- Recreation Concept- Recreation objectives- Recreation Merits.

2- Methods of investing spare time.

3- Media and Recreation.

4- Health and Recreation.

5- The Older Adults (Age stage characteristics- needs).

6- Challenges that are facing the Older Adults.

7- Recreation relation to other fields (Education-Economy-Religion-Psychology).

Seventh: Methods of Execution:

1- Lectures.

2- Symposiums and Debates

3- Meetings

4- Carnivals

5- Recreational competitions

6- Workshops

Eighth: Execution Period: A meeting will be held at every branch one time per week representing 4 times per month and 48 per year, and one

collective meeting will be held at the level of the governorate.

Ninth: The Duties of sport and Youth Directorate:

- 1- Providing the fund required for work.
- 2- Communication and coordination between the project branch administrations.
- 3- Coordinating with faculty of physical Education about the development of geriatric and recreational consciousness.
- 4- Appointment of project Manager and branches managers (Project Hierarchy).
- 5- Supervision of project execution.
- 6- Orienting execution body to prepare executive plan according to the program Schedule.

Tenth: Methods of following and evaluation via two pivots:

- 1- The degree of spreading recreational consciousness among the Older Adults at Assiut Governorate.
- 2- Increasing project beneficiaries via positive change in cognitive behavior related to recreation and supported by the behaviors of spare time activities.

Thus the researcher has managed to answer the third Inquiry:

What is the suggested project to develop the Older Adults recreational consciousness in Assiut Governorate?

Conclusions:

- 1- Recreation Concept among the Older Adults is related to happiness felt by the individual during the practice of recreational activities achieving his trends and desires in communication with others.
- 2- Media means are not effective in spreading recreational consciousness and do not encourage the Older Adults to practice recreation.
- 3- Recreation objectives are related to practitioners' Older Adults in developing aesthetic and art tastingsense, and developing physical fitness elements and increasing cooperation, while recreation objectives are related to Non-practitioners in estimation by the others.
- 4- The Older Adults' consciousness is related to recreation merits in relaxation and renewal of body activity and development of kinetic abilities and getting rid of extra energy, and reducing anxiety rate.
- 5- The suggested project to spread recreational

consciousness among the Older Adults in Assiut Governorate.

Recommendations:

1- Applying the suggested project to spread recreational consciousness among the Older Adults via sport and youth Directorate.

2- Holding cultural symposiums for the Older Adults at rest homes about the importance of practicing recreational activities and their social, psychological, and medical merits.

3- Different means of media (Radio, TV, Publications, and magazines) should support the Older Adults' recreational activities.

4- Conducting more studies about the obstacles facing the Older Adults.

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