

Outdoor Recreation Activities the Effect of Life Satisfaction

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Extensive Summary

Throughout history, while working time has eroded people, non-working time has allowed people to do things for themselves and to renew and start life again. For this reason, people attach special importance to the use of non-working time. The concept of recreation has emerged with the use of non-working time and people have enriched this concept by further developing it in the future (Soyer & Can, 2003). In this study, the effect of outdoor recreation activities on life satisfaction was investigated. In this context, it was aimed to collect information about the participation of domestic tourists coming to the Köprülü Canyon National Park region of Antalya Beşkonak from the outdoor recreation activities to the rafting activity. Questionnaire technique was used to obtain data in the research. The sample of the study consists of 390 domestic tourists who can be reached by using “convenience sampling” method among the participants. Mann-Whitney U test and Kruskal-Wallis test were used to analyze the data obtained through the questionnaire. In addition, regression analyzes were made for the hypotheses. In line with the analysis, a significant positive effect was found between the reasons for participating in the rafting activity and the benefits gained from the rafting activity. In addition, it was determined that the reasons for participating in the rafting activity and the benefits they obtained did not have a positive effect on their life satisfaction.

Outdoor recreation activities have a dynamic role in people's lives. The physical, mental and social success of individuals has related parties with these activities and the satisfaction of all known and / or unknown expectations defined and / or not defined according to them positively affects the life satisfaction of people. In recent years, increasing urbanization and working life in closed areas and the intensity of their work have a negative impact on individuals physically and mentally. For this reason, urban people who want to continue their

life in cities, avoid the closed spaces in the cities, escape from routine, escape from noise and urban pollution, escape from responsibility even for a short time, escape from boredom, seek new excitement and tension and rest, etc. For many reasons, they tend to engage in outdoor activities, which they believe will feel better, even for a short time, with the effect of environmental stimuli. There is a gradually increasing supply and demand for these activities, many of which are carried out in nature (Koçak & Balcı, 2010; Kalkan, 2012). In this context, it is an important issue to reveal the relationship between outdoor recreation activities and life satisfaction. According to the findings obtained from previous studies, it was considered that there was a significant and positive relationship between people's participation in activities and their leisure time satisfaction. In this study, it is assumed that there is a relationship between outdoor recreation activities and life satisfaction by taking rafting activity as an example.

Why people prefer outdoor recreation has become a highly questioned issue in recent years. All the factors that affect people's participation in outdoor recreation, more people's physical condition, personality, opportunities and morale (such as income, environment, friends) are of great importance. When the results obtained in the studies carried out by many researchers and authors in recent years are examined, the reasons for people to participate in outdoor recreation; love of nature, getting rid of the crowd, getting away from routine life, wanting to stay apart from the family and avoiding responsibility, performing physical activity, creativity, desire to rest, self-development and gaining new abilities, strengthening social relationships, meeting new people or entering new environments, desire to be with the family. It can be listed as the desire to recognize-recognition, the desire to help others, social responsibility, gaining social power, self-realization, struggle spirit and rebellion, desire to succeed, spend time and trouble solving, and an intellectual lifestyle. The results of this study may overlap with the reasons listed above. The benefits people gain by participating in open field activities are more related to the reasons for participation. Different people participating in the same activity get different benefits. For example, the person who wants to get rid of the routine life and the complex structure of the city finds the calmness he seeks in the outdoor activity, while the person who participates in that activity with the desire to be with his family will experience the satisfaction of being with his family. The results obtained in the study are similar to these results. It has been determined that the participants participating in the outdoor activities feel happier, relaxed and renewed thanks to these activities. However, the

participants stated that they felt healthier and stronger, that they recovered physically and mentally, and gained environmental awareness with such activities.