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THE EVALUATION OF THERAPEUTIC RECREATIONAL ACTIVITIES AND TOURISTIC TRIPS: KIRKLARELI PROVINCE EXAMPLE

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EXTENSIVE SUMMARY

Therapeutic recreation includes all of the rehabilitation-oriented well-being and recreational services that are applied to individuals who are ill or inadequate (Tütüncü, 2012: 250), services provided by a professional or specialist who provides specially designated recreation and related activities to meet the needs of the patient (Karaküçük, 2012: 23), is defined as a service provider for individuals (www.saglikterapi.org).

Societies implementing therapeutic recreational activities seem to be more developed, have social integration, and have improved quality of life. Societies that meet the recreational needs of elderly, disabled and sick individuals create contemporary societies. Therapeutic recreational activities are aimed at improving, harmonizing and re-establishing the condition of the individual as much as it is to remove the illness or restricted condition of the intended individual. Therapeutic recreation consists of therapeutic recreational activities such as sports, art, play, social activities, sightseeing, drama, dancing (Karaküçük, 2012: 28).

For this reason, in this research, recreational activities within the scope of therapeutic recreation in public institutions and private organizations in Kırklareli province and the touristic trips which are one of these activities were evaluated. In addition to these, it has been tried to find out the elements that these institutions and organizations consider within the scope of therapeutic recreation and finally to determine the aims of these institutions to perform therapeutic recreational activities. Quantitative research methods were utilized in this research. In the evaluation of the data, frequency and percentages, mean and standard deviations were used as descriptive analysis methods. The data were collected by the questionnaire method and analyzed using the SPSS 22.0 package program. In this context, the research sample consists of administrators responsible for therapeutic recreation in 36 public / private institutions in the province of Kırklareli. According to the results of the research, these institutions organize most of the touristic trips for therapeutic recreation in the city and only organize intercity touristic visits a few times a year. Most of the city trips take place in nearby cities. Accommodations do not take place more than half the number of tourist trips between cities and actual accommodation is limited to 1 or up to 2 days. It can be argued from the results of the research that public/private establishments and tourism enterprises can benefit from the therapeutic recreational activities.