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FACTORS WHICH DETER LOCAL PEOPLE FROM PARTICIPATING IN RECREATIONAL ACTIVITIES. THE CASE FOR THE CITY OF GİRESUN

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EXTENSIVE SUMMARY

Individuals, in order to put their leisure time to good use, need to participate in leisure activities. It is widely known that individual satisfaction and social benefits provided by these activities are very important. In this framework, business life causes a big burden of stress on people by exerting influence on life standards and time. One of the options for people to be able to get rid of the mental problems caused by their daily life and to be able to connect to life by strengthening physically and mentally, is to take part in recreational activities. Factors that prevent participation in recreational activities have been addressed by many researchers. Urban planning should include recreational activities for local residents. It is vitally important for local people, as well as urban planning administrators, to determine the factors that deter people from participating in recreational activities and eliminate these factors.

The aim of this study is to determine the barriers to the participation of the local people in recreational activities in the city of Giresun. Determining the contributing factors, which prevent participation in leisure and recreational activities, would help to create healthier recreational plans and policies. In the scope of the research, three hundred and eighty seven local residents were asked to complete a questionnaire. The data, which were transferred to the statistical data analysis programme, were first applied to the frequency analysis that is one of the descriptive statistical methods. The results of the frequency analysis, frequency and percentage distribution were tabulated according to the participants' demographic characteristics. (Table 1). The attitude towards the leisure time barriers of the local residents percentage, frequency, arithmetic mean and standard deviation values have been included. T-test (to compare two groups) and ANOVA (to compare more than two groups) were applied to determine whether the participant local residents perception of leisure time barriers differed according to their demographic characteristics.

As a result of the study, the lack of facilities in the city of Giresun, neglect or poor facilities as well as the intensity of the business hours, incompatibility of leisure times and the lack of information about activities can be considered among the reasons for local people to see it as leisure time barrier. The reasons for not providing the required information for the activities need to be investigated.

To increase the level of satisfaction in the activities of the local residents and to increase the level of participation in their free time, removal of the leisure time barriers, as mentioned in the study, will have a positive impact on the development of the city socially and economically.