



Journal of Recreation and Tourism Research

Journal home page: www.jrtr.org

ISSN:2148-5321

DOI: 10.31771/jrtr.2019.42

THERAPEUTIC RECREATION APPLICATIONS IN HEALTH RECREATION

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EXTENSIVE SUMMARY

The need for recreation is based on the positive effects of recreation on the individual and society. Individuals who evaluate their leisure time correctly; physical, cognitive, emotional, social and psychological. When the recreation is determined according to the needs of the individual, its contribution is greater. Therefore the right recreation programs, taking into consideration the deficiencies of the individual and the needs of the society, play an important role in eliminating the negative aspects and social problems of the individual.

The positive effects of recreation activities on health have led to the idea that the activities can be applied systematically for healing and treatment purposes. The health impact of recreation is mainly evaluated in two parts. The first one is the recreation services provided to healthy individuals within the scope of “preventive health services”, and the second one is the recreation services provided to people with disabilities and health problems within the scope of “curative and rehabilitation services” (Tütüncü, 2012).

Therapeutic recreation, which is expressed in health recreation, aims to apply recreation therapy for improvement and treatment to disadvantaged individuals. Recreational therapy, also known as therapeutic recreation, is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery and well-being (National Council for Therapeutic Recreation Certification-NCTRC).

Therapeutic recreation is a holistic process that purposefully uses recreation and experiential interventions to bring about a change –either social, emotional, intellectual, physical or spiritual- in an effort to maintain and improve health status, functional capacities and quality of life. Therapeutic recreation may be applicable to all individuals whose needs and goals would seem to benefit from such an intervention in whatever setting they find themselves (Carter, Van Andel and Robb, 2003, p.5-6).

Although the main purpose of therapeutic recreation practices is relaxation, fun and development which are leisure functions, it is to improve the health functions of the individual and contribute to their lives to be more independent. For this purpose, it is based on both supportive treatment and education of the individual and correct and efficient evaluation of usual leisure time. Therapeutic recreation activities, which are implemented by using recreational resources, enable the individual to become aware of the available recreation resources through play and entertainment.