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**EVALUATION OF THE EFFECTS OF RECREATION
BY PSYCHOLOGICAL FACTORS****Abstract**

As a part of the elaboration of the problem of psychological characteristics as factors of assess the effect of recreation, it is necessary to consider not only the interconnection characteristics of participants estimated to recreation, but also to determine whether and to what extent the psychological characteristics of factors to assess the effect of recreation. Given that in our society tremendous changes occurred, it is interesting to correlate psychological factors as drivers of certain recreational facilities and activities. Performing of these activities the specific needs of individuals are satisfied as well as society at all. This study was conducted to assess the effects of recreation using psychological factors to obtain information that show how motif of achievement and degree of severity of neuroticism may contribute to the assessment of the effects of recreation. The survey was conducted on a sample of 553 participants, residents of the western part of the Republic of Srpska, of which 132 participants did not pursue recreation, 169 were engaged in occasional recreation, and 252 subjects dealt recreation regularly. In this study, for the purpose of collecting relevant data to be used for the following instruments: a questionnaire for assessing the effects of recreation, Scale for testing general attitude toward recreation, standardized test for overall achievement motivation, and neuroticism scale of the Eysenck Personality test (test EPI). The analyze of the results of the interconnectedness of the general attitude towards recreation and evaluation of recreation effects shows that in the general among majority of participants who have a positive attitude towards the recreation, the significant differences with regard to the assessment of the effects of recreation are noticeable, and that the general achievement motive and levels of neuroticism are sources of difference in assessment of effect of recreation.

Key words: *general achievement motive, the level of neuroticism, assessment of effects of recreation.*

1. INTRODUCTION

Public health is directly dependent on recreational activities as systematic training provides increased immunity, associated functional ability, raises the level of mental stability, and the process of aging is slowed down. The totality of processes that run on certain activities and behaviors towards achieving the objectives motivation and some intrinsic factors that

drive and guide these activities, which determine the content, duration and strength are called motifs (Dunderović, 1996). In managing stress regular exercise plays an important role (Heyward, 1991), as well as the mood and feeling of general satisfaction (Weinberg, 2007). Nahas et al., (2003) cite personal characteristics, psychological and behavioral determinants, environmental factors and characteristics of physical activity as factors that decide the level of physical activity of the individual. The need for recreation is expressed through a multitude of individual motifs which are differently directed at members of certain social classes and groups. Motives as internal incentives of human activities on the achievement of the objectives allow its continued exercise. Piletić and Čabarkapa (2011) suggest that the structure of personality and motivation to a large extent determines the type of recreational activity and sport in which individuals are engaged. In the field of physical recreation motives are primarily individual, but also complementary with social objectives that could be achieved satisfying personal needs. Personal incentive structure, whose elements are the maintenance of health and functional abilities, appearance, the need for companionship, cooperation, affirmation, etc. transformed during an organized group activities in social incentives that can and autonomously run participants, as well as striving to establish contacts, identification with the group, achievement of social goals, competition and others. Needs and motivation for physical recreation are variable and can be developed and targeted, which is the basis of every organized actions and programs of massification. A certain intensity needs or motives, always preceded by overcoming personal and external resistance making decisions for permanent inclusion in recreation. In relation to physical recreation motivational state of the personality manifests itself as to the practical needs and behavior. The need arises only when it is known and subjectively conceived, but even then it may not be strong enough motive to modify behavior. This is indicated by data from some studies that about 90% of participants have a positive attitude towards physical exercise, it is considered useful, but many of them cannot overcome primarily psycho-social barriers and achieve them. Petkovic (2007) considers that certain aspects of the experience itself depends on whether the person using it, how often, and what recreational activities will be chosen. As a part of the elaboration of the problem of psychological characteristics as factors to assess the effect of recreation, it is necessary to consider not only the interconnection characteristics collected from participants estimated to recreation, but also to determine whether and to what extent the psychological characteristics of factors to assess the effect of recreation. In other words, whether and in what way, the direction and what intensity determine the effects of recreation of the psychological characteristics of participants. Given that in our society, tremendous changes occurred, it is interesting to correlate psychological factors as drivers of certain recreational facilities and activities. Performing of these activities the specific needs of individuals are satisfied as well as society at all. In a series of factors that could significantly affect the assessment of the effects of recreation are certainly factors arising from valuator personality or psychological factors. It is considered that the assessment of the effects of recreation closely associated not only with a range of experience characteristics of participant, but also with his psychological characteristics.

At first place it means on attitudes toward recreation, strength, general motives for achievement and strength of neuroticism. The assumption is that the attitudes are formed in a social interaction to represent readiness of individual to react in a certain way in social situation, to reflect the active relationship between individual and phenomena in more social situation, and are associated with the behavior, it is that directly or indirectly affect the actions of an individual. In other words, it is considered that the general attitude towards recreation can significantly affect the assessment of the effects of recreation. In addition, it is assumed

that the strength of the general motives for achievement may also significantly affect the assessment of the effects of recreation, and that they can expect significant differences in the assessment of the effects of recreation with regard to the level of motivation for achievement. It is also assumed that the degree of severity of neuroticism may be a significant source of differences in the assessment of the effects of recreation, ie. it is possible to determine statistically significant differences in the assessment of the effects of recreation with respect to the degree of severity of neuroticism. This study was conducted to assess the effects of recreation using psychological factors to obtain information that show how motif of achievement and degree of severity of neuroticism may contribute to the assessment of the effects of recreation.

2. METHODS

Given the complexity of the case studies, formulated objective of research and selected research methods, research was conducted in 2013. on a sample of 553 participants, residents of the western part of the Republic of Srpska (Prijedor, Gradiska, Srbac and Banja Luka), of which the 132 participants did not address recreation, 169 were engaged in occasional recreation, and 252 subjects dealt recreation properly. The sample size and the method of selecting participants who are not actively engaged in recreation is done by model multi-stage stratified random selection, while other participants were chosen from groups: Physical Education Teachers, active amateurs (club members) or the ones who are currently involved in the implementation of programs of some recreational groups. Bearing in mind the range of possible scientific methods, and taking into account the nature of the problem that we investigate, the types of data collection instruments and other effects, in the research we use two methods: method of theoretical and empirical analyze - nonexperimental method or Survey method. Applying the above methods is done empirical research and testing the assess of the effect of dealing with recreation, but also established social status of the participants. Survey method as a form of field research is used to collect and analyze data in order to determine the state, establishing a tendency and drawing conclusions of general views and their universal meanings.

In this study, for the purpose of collecting relevant data will be used for the following instruments: a questionnaire for assessing the effects of recreation (the questionnaire was anonymous, and was filled with the written instructions which were given by the interviewer, and with help of instructions that are listed with each question, where it was necessary) and the Scale for the questioning of the general attitude towards recreation (Likert summation scale intended for questioning relations of subjects to different aspects of recreation, the reliability of the scale was determined using the "split-half" procedure, which checks consistency - the correlation between half of the scale is 0.6984, and the coefficient of reliability was calculated using the Spearman-Bronjn formula is 0.8152). For the purposes of determining the level of achievement a standardized test for overall achievement motivation was applied. For the purposes of this paper the checking of the psychometric characteristics is not done. Neuroticism scale of the Eysenck Personality test (test EPI) was applied to test the general neuroticism. The test was administered without checking the metric characteristics.

To process the data obtained was used statistical program SPSS 17.00. In other words, in data processing, in addition to frequency and percentages were calculated measures of central tendency (arithmetic mean) and variability (standard deviation), the association between variables (Score correlation) and testing of statistical significant of difference between the relevant variables (chi-square test).

3. RESULTS AND DISCUSSION

The results of research show that there are significant difference in assessing the effects of recreation with respect to the direction and intensity of general attitude towards recreation. The resulting chi-square = 162.349, with 27 degrees of freedom, statistically significant at the 0.01 level, which means that the established differences are statistically significant, as it can be seen in Table 1. Global overview of the results shows that in patients prevails moderately positive and unsure attitude toward recreation, while a negative attitude quite negligible, because none of the participants has meaningly negative attitude, and only three or 0.55 percent have a moderate negative relationship, as it can be seen from table 1 below.

Table 1. *The general attitude toward recreation and evaluation effects recreation*

| The general attitude toward recreation | Assessment of the impact of recreation | | | | | | | | | | Σ | |
|--|--|---------------------------------|-----------------------------|----------------------------------|-----------------------------|--------------------------------|-------------|--------------------|---------------------------------------|--|-----------|-----|
| | <i>Preservation health</i> | <i>Maintenance capabilities</i> | <i>Maintenance vitality</i> | <i>Regulation of body weight</i> | <i>Beautiful appearance</i> | <i>The rest and relaxation</i> | <i>Fun</i> | <i>Socializing</i> | <i>Self-assertion and affirmation</i> | <i>There is no benefit of recreation</i> | | |
| Mostly negative | 0 0.00 | 0 0.00 | 3 100.0 | 0 0.00 | 0 0.00 | 0 0.00 | 0 0.00 | 0 0.00 | 0 0.00 | 0 0.00 | 0 0.00 | 3 |
| Unsure | 29 28.16 | 13 12.62 | 7 6.80 | 4 3.88 | 1 .97 | 29 28.16 | 1 .97 | 11 10.68 | 3 2.91 | 5 4.85 | | 103 |
| Mostly positive | 133 34.64 | 26 6.77 | 43 11.20 | 8 2.08 | 24 6.25 | 74 19.27 | 58 15.10 | 18 4.69 | 0 0.00 | 0 0.00 | 0 0.00 | 384 |
| Extremely positive | 15 26.79 | 8 14.29 | 14 25.00 | 0 0.00 | 17 30.36 | 0 0.00 | 2 3.57 | 0 0.00 | 0 0.00 | 0 0.00 | 0 0.00 | 56 |
| Σ | 177 32.42 | 47 8.61 | 67 12.27 | 12 2.20 | 42 7.69 | 103 18.86 | 61 11.17 | 29 5.31 | 3 .55 | 5 .92 | | 546 |

Pearson Chi-square: 162.349, df=27, p=.000000

These differences are the most significant in participants who have a hesitant general attitude towards recreation. Among the participants who have an unsure attitude toward recreation is evident that the tendency of dealing with recreation possible benefit in all aspects, but in this category of patients is evident and most pronounced understanding that they see no benefit from recreation. On the other hand, in patients who have a positive attitude towards recreation are evident differences in the assessment of the personal benefit of certain aspects of dealing with recreation. Thus, for example, participants who have mostly positive attitude toward recreation estimate that for them personally, the biggest benefit of recreation is preservation health (34.64%), rest and recreation (19.27%) and entertainment (15.10%) while the patients who have an extremely positive attitude towards recreation have the most common estimates that the benefits of recreation is in conformity of looks and movement, it is beautiful looking (30.36%), then preservation health (26.79%), and then maintenance of vitality (25.00%).

The overall achievement of motivation is also the source of differences in assessment of the effects of recreation. The results show that there are statistically significant differences in the assessment of the effects of recreation to the intensity of motivation for achievement. The resulting chi-square = 85.6599, with 18 degrees of freedom, statistically significant at the 0.01 level, as it can be seen from Table 2.

Table 2. The overall achievement motivation and evaluation of the effects of recreation

| The overall achievement motivation | Assessment of recreation | | | | | | | | | | Σ |
|------------------------------------|--------------------------|--------------------------|----------------------|---------------------------|----------------------|-------------------------|-------|-------------|--------------------------------|-----------------------------------|-----|
| | Preservation health | Maintenance capabilities | Maintenance vitality | Regulation of body weight | Beautiful appearance | The rest and relaxation | Fun | Socializing | Self-assertion and affirmation | There is no benefit of recreation | |
| weak | 3 | 0 | 0 | 0 | 0 | 5 | 1 | 0 | 0 | 0 | 9 |
| | 33.33 | 0.00 | 0.00 | 0.00 | 0.00 | 55.56 | 11.11 | 0.00 | 0.00 | 0.00 | |
| moderate | 151 | 39 | 44 | 12 | 42 | 93 | 58 | 29 | 3 | 1 | 472 |
| | 31.99 | 8.26 | 9.32 | 2.54 | 8.90 | 19.70 | 12.29 | 6.14 | .64 | .21 | |
| strong | 23 | 8 | 23 | 0 | 0 | 5 | 2 | 0 | 0 | 4 | 65 |
| | 35.38 | 12.31 | 35.38 | 0.00 | 0.00 | 7.69 | 3.08 | 0.00 | 0.00 | 6.15 | |
| Total | 177 | 47 | 67 | 12 | 42 | 103 | 61 | 29 | 3 | 5 | 546 |
| | 32.42 | 8.61 | 12.27 | 2.20 | 7.69 | 18.86 | 11.17 | 5.31 | .55 | .92 | |

Pearson Chi-square: 85.6599, df=18, p=. 000000

The analysis presented results of interconnectedness assessments of recreation effects due to the strength of the motive for achievement shows that participants with low motivation for achievement estimate that the greatest benefit from recreation is rest and relaxation (55,56%), and then the preservation health (33.33%) and the entertainment (11.11%). It should be noted that this category of participants consider that there is no other benefits of recreation than the listed above. Participants who have moderate motive for achievement is estimated that the benefits of recreation in all aspects, but that is the largest in health (31.99%), rest and relaxation (19,70%) and entertainment (12.29%), while participants with a strong motive for achievement perceive that the greatest benefit from recreation to maintain viability (35.38%), preservation health (35.38%) and the maintenance of working ability (12.31%). It is interesting to note that by far the largest percentage of participants (6.15%) in the category with a strong motive to assess not see any benefit from recreation.

The level of neuroticism is also an important source of differences in the assessment of the effects of recreation. The results show that the identified Chi-square = 99.3216 with 18 degrees of freedom statistically significant at the 0.01 level, which means that, statistically significant differences between estimates effects of recreation and levels of neuroticism, as it can be seen in Table 3. Analysis of the presented results shows that participants with the expressed neuroticism estimate that the greatest benefit from recreation is preservation health (34.48%), the regulation of body weight (20.69%) and socializing (17.24 %) and entertainment (10.34%) and providing a beautiful appearance (10.34%), while participants who were not determined the degree of neuroticism estimated that the benefits of recreation in various aspects.

Table 3. The level of neuroticism and evaluation of the effects of recreation

| The level of neuroticism | Assessment of the impact of recreation | | | | | | | | | | |
|----------------------------|--|---------------------------------|-----------------------------|----------------------------------|-----------------------------|--------------------------------|------------|--------------------|---------------------------------------|--|----------|
| | <i>Preservation health</i> | <i>Maintenance capabilities</i> | <i>Maintenance vitality</i> | <i>Regulation of body weight</i> | <i>Beautiful appearance</i> | <i>The rest and relaxation</i> | <i>Fun</i> | <i>Socializing</i> | <i>Self-assertion and affirmation</i> | <i>There is no benefit of recreation</i> | Σ |
| The absence of neuroticism | 78 | 33 | 45 | 0 | 14 | 51 | 31 | 6 | 0 | 1 | 259 |
| | 30.12 | 12.74 | 17.37 | 0.00 | 5.41 | 19.69 | 11.97 | 2.32 | 0.00 | .39 | |
| Moderate neuroticism | 89 | 14 | 22 | 6 | 25 | 50 | 27 | 18 | 3 | 4 | 258 |
| | 34.50 | 5.43 | 8.53 | 2.33 | 9.69 | 19.38 | 10.47 | 6.98 | 1.16 | 1.55 | |
| The estimated neuroticism | 10 | 0 | 0 | 6 | 3 | 2 | 3 | 5 | 0 | 0 | 29 |
| | 34.48 | 0.00 | 0.00 | 20.69 | 10.34 | 6.90 | 10.34 | 17.24 | 0.00 | 0.00 | |
| Σ | 177 | 47 | 67 | 12 | 42 | 103 | 61 | 29 | 3 | 5 | 546 |
| | 32.42 | 8.61 | 12.27 | 2.20 | 7.69 | 18.86 | 11.17 | 5.31 | .55 | .92 | |

Pearson Chi-square: 99.3216, df=18, p=.000000

However, the biggest benefit of recreation is preservation health (30.12%), rest and relaxation (19.69%), maintenance of vitality (17.37%), maintenance of working ability (12.74%) and entertainment (11, 97%). Participants with moderate neuroticism estimate that the greatest benefit of recreation is preservation health (34,50), rest and relaxation (19.38%), followed by entertainment (10.47%). Simunic and Baric (2011) cite the motives of health, mobility and strength, followed by refreshments motives, illness and weight control as the most important motive for recreational activities, what is confirmed at some part of this study.

According to the theory of cognitive evaluation (Deci, 1995), that the individual is motivated for an activity, in his motivational structure should prevail enjoyment and interesting experience. It could not confirm this research, because it turned out that very few participants motivated by entertainment - 11.1% of participants with low achievement motive, 12.29% of those with moderate motif and 3.08% of participants with strong achievement motivation consider that the greatest benefit from recreation to entertainment. Baker and Brownell (2000) found that changes in physical appearance leads to a more positive perception of their own bodies, with confidence what motivates women to persevere in the exercise. Anney and Whitaker (2008) conclude that women are motivated to exercise for the purpose of weight loss, the loss of body mass and positive changes occurring on a psychological level, improve mood and increase satisfaction with their appearance which contributes to the stability of their motivation for further training. In this study it was shown that the motive for engagement in recreational activities is not one of the more important for physical activity, but also to preserve the health and rest and relaxation. This study showed that the participants are not motivated to become involved in recreational activities, primarily for leisure and relaxation, participants moderately and highly motivated to deal with for preserving the health and leisure and relaxing. Speaking in general, the degree of neuroticism is a powerful source of differences in the assessment of the effects recreation and more intensity than the preference of some aspects of the personal benefits of recreation. It is evident, however, that all participants, regardless of

neuroticism consistent with estimates that the greatest benefit from recreation prevention of health, but in other respects are not consistent with estimates. Looking at the data obtained in this study, it can be assumed that one of the causes for these results is the standard of living of people, and the emergence of two completely opposite society class, a small number of wealthy and the large number of poor, during which the middle society class is lost, that dominated in the previous political system. The assumption was that it might condition the loss of interest in dealing with recreational activities in wealthier class and the impossibility of dealing with the poorer class. One of the causes that may be able to contribute less recreational interest of participants to become involved in recreational activities is widely accepted notion that recreation should be indoors only. There was a surprisingly large number of private clubs for exercise and recreational activities. The changes that have taken place in the system of financing of sport and recreation, as well as the most massive form of practicing physical activity, and the inability of factories and employers to take on the co-financing of recreation, simply imposed the individual as initiators and creators of their needs.

4. CONCLUSION

The results of research show that there are significant of difference in assessing the effects of recreation with respect to the direction and intensity of general attitude towards recreation. The analyze of the results of the interconnectedness of the general attitude towards recreation and evaluation of recreation effects shows that in the general among majority of participants who have a positive attitude towards the recreation, the significant differences with regard to the assessment of the effects of recreation are noticeable. These differences are mostly significant in patients who have a hesitant attitude towards the general recreation in which there is an evident tendency of dealing with recreation possible benefit in all aspects, but in this category of patients is evident and most pronounced understanding that they see no benefit from recreation.

On the other hand, in patients who have a positive attitude towards recreation are evident differences in the assessment of the personal benefit of certain aspects of dealing with recreation. Thus, for example, participants who have mostly positive attitude toward recreation estimate that for them personally, the biggest benefit of recreation is preservation health, rest and recreation and entertainment, while patients who have an extremely positive attitude towards recreation estimates that the benefits of recreation is conformity appearance and movement, ie. beautiful appearance, and then prevention of health and maintaining of vitality. Considering the strength of motivation for achievement we realized that participants with low motivation for achievement estimate that the greatest benefit from recreation is rest and relax, and then the preservation health, and the entertainment. Participants who have moderate motive for achievement is estimated that the benefits of recreation in all aspects, butt the largest is preservation health, rest and relaxation, and fun, while the participants with a strong motive for achievement perceive that the greatest benefit from recreation is maintaining of vitality, preservation health and maintenance of work ability. Participants with expressed neuroticism estimate that the greatest benefit from recreation is preservation health, regulation of body weight and having fun and entertaining and providing a beautiful appearance, while participants who were not determined the degree of neuroticism see the benefits of recreation in various

aspects. This research has shown that it is necessary to pay attention to psychological factors in sports rehabilitation, to people through exercise and physical activity frequently experiencing a positive experience and satisfy the need for autonomy and increased real possibility that such an experience can be replicated in other aspects of their own lives. Therefore it is desirable to conduct studies of this type in all areas before the start of organized sports and recreational activities.

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