# The Expectations of Locals About Recreative Activties on Regional Planning Stage

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**Abstract**

Object: This research was run in order to determine the needs and requests of the local community for recreational activities, before the planning of the coastline in Derince.

Materials and Methods: The sampling of this study consists of 1374 people who are 771 female and 603 male. The data were collected with the survey developed for this study. İts Corenbach Alpha was 0.89. The data were analyzed by SPSS 13.0 package, and shown in tables and graphs with respect to percentage and frequencies. When compering the preferences for facility and area with demographic properties, Pearson chi-square was used ($p<0.05$).

Results: The results show that the participants were from different age group, occupation, neigborhood and education level, and their daily leisure times are between two and five hours. Morover sportive and culturel demands of the participants were determined. When the personel information and prefences were compered, a significant difference was found amoung indoor sports facility, swimming pool, cinema, cycle path and walking trail.

Conclusion: The recreative activities demanded by the local community on the regional planning stage was determined. This will provide a different perspective for further projects.

**Keywords:** Recreational demand, Plant and Activity, Local people

# Bölgesel Planlama Aşamasında Yöre Halkının Rekreatif Aktiviteler Konusunda Beklentileri

**Özet**

Rekreasyonel tesislerin planlanmasında, yerel çevrenin istek ve beklentilerinin de dikkate alınması, tesislerden azami ölçüde yararlanmayı sağlayacaktır.

Amaç: Bu araştırma, Kocaeli ili, Derince ilçesi sahil şeridinin planlama ve projelendirilme öncesi, yörede yaşayan halkın rekreatif aktiviteler konusunda ihtiyaç ve isteklerini tespit etmek amacıyla yapılmıştır. Araştırmanın örneklemini bölgede yaşayan, random yöntemi ile çalışmamıza katılan 771'u kadın, 603'ü erkek olmak üzere, toplam 1374 kişi oluşturmuştur.

Veriler, geliştirilen anketle elde edilmiştir. Anketin geçer ve güvenilirliliği yapılmış, güvenirlilik katsayısı (Cronbach Alpha) 0,89 olarak belirlenmiştir. Anket; sosyo-demografik özellikler, günlük boş zaman, ihtiyaç duyulan tesis, alan ve programlar ile ilgili soruları içermektedir. Veriler, SPSS 13.0 paket programıyla analiz edilmiş ve yüzde ve frekans olarak tablolaştırılmıştır. Tesis ve alan tercihlerinin, demografik özelliklerle karşılaştırılmasında Pearson chi-square ($x^2$) testi uygulanmış ve anlamlılık düzeyi $p < 0,05$ olarak belirlenmiştir.

Araştırmada, farklı yaş, meslek grubu, mahalle ve eğitim düzeyinde katılımların olduğu, günlük 2-5 saat arasında boş zamanlarının bulunduğu ve sportif ve kültürel amaçlı talepleri belirlenmiştir. Kişisel bilgileriyle, tercihleri karşılaştırıldığında; kapalı spor salonu, yüzme havuzu, sinema salonu, bisiklet ve yürüyüş yolları arasında istatistikî açıdan anlamlı farklılık bulunmuştur.

Bölgesel planlama aşamasında yöre halkının istediği rekreatif aktiviteler belirlenmiştir. Bu yapılacak projelere farklı bir bakış açısı getirilecektir.

**Anahtar Kelimeler:** Rekreasyonel talep, tesis, aktivite, yöre halkı

## Introduction

Recreation means refreshment, reformation, reconstruction, restrengthening, rejuvenation and building-up a new soul, mind and body. It has been defined and escaping the dulness of daily life by joining social, culturel and sportive activities which are suitable for one's self and gives pleasure, and acquiring social by interacting other people (Kılbaş,2001)

In our age, recreation is an essential and universal need. Morover many scholars believe that recreation will contribute to world peace (Gümüş,1999).

Recreation is not the target , rather it is a means of improving life quqlity, learning, health, physical condition, perspective of nature, motivation and degrading crime rates (Okuyucu&Ramazanoğlu,2006)

People gain persistent habitsthrough recreative activities. These habits and emotions may be listed as follows: effective use of leisure time, doing sports,sharing soliderty, feeling of winning, losing appreciation, following the rules, group consciousness, feeling of achievement and so on. Recreative activities aim to increase the life quality of people at any age, the correct usage of body from childhood period and adoption of good values as life philosophy. Furthermore, it helps avoiding from bad habits such as smoking and alchol consumption , adopting a persistent active lifestyle, and being in harmony with one's family and society (Zorba, 2002).

One of the most important national, regional and local responsibility of states is assurung the general wealth and health of all citizens. The missions and targets of recreational , park and leisure timeservices include increasing the life qualities of all individuals in the society through the activities in their leisure time (Mobley, 2006).

Except the basic needs of ciizens living whitin their borders, municipalities are responsible for providing places and facilities where they are able to relax during their leisure time or they find the opportunity to spend their leisure time in a most effective way (Akdenk,1989).

In practice, recreational planning is a mixture of environmental design techniques of acquired knowledge, leisure time and social sciences which develop alternatives for fiscal investments that will meet the requirement of place , energy and human. In the broadest sense, recreation planing is related to land responsibility and human development with recpect to the help of people both to each other and to their environment (Uğur, 1995).

In recreational planning, the city can be divided in to regions, since not all districts have the some income level and recreational standarts and behaviors with respect to their needs. The recreational habits and needs of the community should be taken into account for the orientation, and also high culturel activities which would introduce new understanding and view to their culturel structure, should be provided in order to make them form new habits (Sezgin, 1987).

Therefor the following research was run to determine the needs  and the requests of the locals for usage of their leisure time, before the planning of the coastline in derince district of Kocaeli province.

Considering the request and expectations of locals while planning recreational facilities will provide maxsimum benefit and contribute to people's feeling of belongingness.

**Methods**

Research Group: A total 1374 people, 771 of them are female and the rest 603 of them are male, who are living in this district was randomly selected for the study.

Material for Data Collection: The data were collected with the survey developed by the researchers of this study. Validity and reliability tests were done for the survey and the reliability coefficient was calculated as 0.89 (Cronbach Alpha). The survey contains the questions about socio-demographic characteristics,daily leisure time, and the facility, area and programs which are needed.

Data Collection: The data were obtained by face-to-face interviews with the community of the district who had accepted to participate in our study voluntarily

Data Analyses: The data were analyzed by SPSS 13.0 package, and shown in tables and graphs with respect to percentage and frequencies. When compering the preferences for facility and area with demographic properties, Pearson chi-square  was used and the significance level was set as $p<0.05$.

**Findings**

**Table 1.** Gender

| Gender | N | % |
|--------|------|------|
| Female | 771 | 56,1 |
| Male | 603 | 43,9 |
| Total | 1374 | 100 |

When the distribution of research group is analyzed with recpect to gender variable the percentage of famale and male participants are 56,1 % and 43,9 respectively.

**Table 2.** Age

| Age | n | % |
|--------|------|------|
| 16 and | 722 | 52,6 |
| 17-21 | 166 | 12 |
| 22-26 | 87 | 6,3 |
| 27-31 | 89 | 6,5 |
| 32-36 | 77 | 5,6 |
| 37-41 | 69 | 5 |
| 42-46 | 50 | 3,6 |

| 47-51 | 43 | 3,1 |
| 52-56 | 35 | 2,6 |
| 57-61 | 16 | 1,2 |
| 62+ | 20 | 1,5 |
| Total | 1374 | 100 |

64,6 % of participants are under 21 years old and 6,5 of them are between 27 and 31 years old as the distribution of the research group with respect to age variable.

**Table 3.** Marital Status

| Marital Status | n | % |
| Single | 993 | 72,3 |
| Married | 381 | 27,7 |
| Total | 1374 | 100 |

The distribution of research group according to marital status variable 72,3 % of people are single and 27,7 % of them are married.

**Table 4.** Education Level

| Education Level | n | % |
| İlliterate | 20 | 1,5 |
| Primary School | 81 | 5,9 |
| Secondary School | 622 | 45,3 |
| High School | 420 | 30,6 |
| University | 204 | 14,8 |
| Graduate | 27 | 1,9 |
| Total | 1374 | 100 |

Education level of the research group shows that 45,3 % of them are at secondary school level, 30,6 % of them are at the high school graduated level.

**Table 5.**The Distribution of Research Group with Recpect to the Neighborhood They Live

| The | n | % |
|---|---|---|
| Yenikent | 292 | 21,3 |
| Mersincik | 89 | 6,5 |
| İbni Sina | 88 | 6,4 |
| Sırrıpaşa | 115 | 8,4 |
| Deniz | 77 | 5,6 |
| Yavuz Sultan | 191 | 13,9 |
| Dumlupınar | 133 | 9,7 |
| Çenedağ | 119 | 8,6 |
| Çınarlı | 226 | 16,4 |
| Fatih | 44 | 3,2 |
| Total | 1374 | 100 |

The distribution of the research group in terms of the neighborhood is as follows 21,3 % Yenikent, 13,9 % Yavuz Sultan, 16,4 % Çınarlı and 9,7 % Dumlupınar neighborhood.

**Table 6.** Employment

| Çalışma Durumu | n | % |
|---|---|---|
| Not working | 294 | 21,4 |
| House wife | 123 | 8,9 |
| Retired | 59 | 4,3 |
| Worker | 44 | 3,2 |
| Civil Servant | 142 | 10,3 |
| Private Sector | 25 | 1,8 |
| Self Employed | 19 | 1,4 |
| Student | 659 | 48 |
| Part-time | 9 | 0,7 |
| Total | 1374 | 100 |

The distribution of the research group with respect to employment inthedicates that students have the highest percentage among them with 48 %, followed by 21,4 % unemployed and 10,3 % civil servants.

**Table7.** Montly Income (as of 2007 )

| Montly Income | n | % |
|---|---|---|
| 500 tl and under | 182 | 13,2 |
| 501- 1000 tl | 559 | 40,7 |
| 1001- 1500 tl | 341 | 24,8 |
| 1501-2000 tl | 127 | 9,3 |
| 2001tl and above | 91 | 6,6 |
| Lost data | 74 | 5,4 |
| Total | 1374 | 100 |

Montly income distribution of the research group shows that 53,9 % of peopleget less than 1000 liras, and 24,8 of them get between 1001 and 1500 liras.

**Table 8.** Daily Leisure Time of the Research Group

| Leisure Time | n | % |
|---|---|---|
| None | 106 | 7,6 |
| 1 hour | 104 | 7,5 |
| 2 hours | 265 | 18,4 |
| 3 hours | 285 | 19,8 |
| 4 hours | 263 | 18,2 |
| 5 hours and over | 365 | 25,6 |
| Total | 1374 | 100 |

25,6 % of the research group have 5 and more hours, and 18,2 % of them have 4 hours as daily leisure time, according to the data.

**Table 9.** Recreational Activity&Facility Preference of the Research Group

| Facility Preference | n | % |
|---|---|---|
| Cycle path | 726 | 52,0 |
| Walking trail | 688 | 49,3 |
| Swimming pool | 610 | 43,7 |
| Cinema hall | 589 | 43,5 |
| Indoor sport hall | 557 | 39,9 |
| Picnic area | 549 | 39,3 |
| Volleyball court | 488 | 34,9 |
| Basketball court | 483 | 34,6 |
| Entertainment- show | 472 | 33,8 |
| Dance  exercise room | 445 | 31,9 |
| Theatre hall | 426 | 30,5 |
| Foreign language course | 404 | 28,9 |
| Library | 399 | 28,6 |
| Recreational area for | 380 | 27,2 |
| Musical art area | 377 | 27,0 |
| Cafe- game area | 374 | 26,8 |
| Recreational center.for | 373 | 26,7 |
| Beach volleyball court | 366 | 26,2 |
| Theatre course center | 363 | 25,9 |
| Fishing dock | 362 | 26,0 |
| Paintball field | 360 | 25,8 |
| Music studio | 345 | 24,7 |
| Handcrafts course center | 343 | 24,6 |
| Chess course center | 342 | 24,5 |
| Photography course | 326 | 23,3 |
| Roller skating rink | 321 | 23,0 |
| Skate board area | 314 | 22,5 |

| | | |
|---|---|---|
| Far east sports center | 308 | 22,0 |
| Reading hall | 305 | 21,9 |
| Table tennis room | 300 | 21,5 |
| Bowling hall | 293 | 21,0 |
| Fitness center | 291 | 20,8 |
| Hobby garden | 288 | 20,6 |
| Climbing wall | 278 | 19,9 |
| Hairdressing course | 278 | 19,9 |
| Painting center | 274 | 19,6 |
| Tennis court | 267 | 19,1 |
| Folk dances hall | 266 | 19,0 |
| Diction course center | 261 | 18,7 |
| Cooking course center | 236 | 16,9 |

**Table 10.** Statistical Analysis of Research Group According to the Preferences on the Basis of Gender

| Facilities | Female | | Male | | p value |
|---|---|---|---|---|---|
| | n | % | n | % | |
| Cycle path | 404 | 60,3 | 375 | 52,2 | 0,002 |
| Walking trail | 407 | 52,2 | 271 | 44,9 | 0,007 |
| Swimming pool | 340 | 43,6 | 260 | 43,1 | 0,844 |
| Cinema hall | 139 | 22,8 | 163 | 20,9 | 0,395 |
| Indoor sport hall | 510 | 46,5 | 269 | 34,5 | 0,000 |

p< 0,05

There were statistically significant differences among cycle path, walking trail, cinema hall and indoor sport hall preferences with p< 0.05 in the research group with respect to gender. No significant relation was found between the prefer for swimming pool and gender.

**Table 11**. Statistical Analysis of Research Group According to the Preferences on the Basis of Marital Status

| Facilities | Married | | Single | | p value |
|---|---|---|---|---|---|
| | n | % | n | % | |
| Cycle path | 136 | 37,2 | 569 | 57,3 | 0,000 |
| Walking trail | 226 | 61,7 | 445 | 44,8 | 0,000 |
| Swimming pool | 124 | 33,9 | 474 | 47,7 | 0,000 |
| Cinema hall | 36 | 9,8 | 264 | 26,6 | 0,000 |
| Indoor sport hall | 113 | 30,9 | 435 | 43,8 | 0,000 |

p<0,05

There were statistically significant differences among cycle path, walking trail, cinema hall, swimming pool and indoor sport hall preferences with p< 0.05 in the research group with respect to marital status.

**Table 12.** Statistical Analysis of Research Group According to the Preferences on the Basis of Montly Income

| Facilities | 1000 tl and less | | 1001- 2000 tl | | 2001 tl and above | | p value |
|---|---|---|---|---|---|---|---|
| | n | % | n | % | n | % | |
| Cycle path | 393 | 53 | 241 | 51,5 | 46 | 50,5 | 0,821 |
| Walking trail | 359 | 48,4 | 238 | 50,9 | 43 | 47,3 | 0,664 |
| Swimming pool | 294 | 39,7 | 223 | 47,6 | 51 | 56 | 0,001 |
| Cinema hall | 162 | 21,9 | 94 | 20,1 | 29 | 31,9 | 0,045 |
| Indoor sport hall | 292 | 39,4 | 196 | 41,9 | 27 | 29,7 | 0,092 |

p< 0,05

There were statistically significant differences among swimming pool, cinema hall and indoor sport hall preferences with p< 0,05 in the research group with respect to montly income. No significant relation was found between montly income and cycle path and walking trail.

**Table 13.** Statistical Analysis of Research Group According to the Preferences on the Basis of Leisure Time

| Facilities | None | | 1-2 hours | | 3-4 hours | | 5 hours and above | | p value |
|---|---|---|---|---|---|---|---|---|---|
| | n | % | n | % | n | % | n | % | |
| Cycle path | 50 | 47,2 | 212 | 59,1 | 270 | 51,5 | 167 | 47 | 0,008 |
| Walking trail | 44 | 41,5 | 191 | 53,2 | 238 | 45,1 | 188 | 53 | 0,015 |
| Swimming pool | 36 | 34 | 167 | 46,5 | 237 | 44,9 | 154 | 43,4 | 0,140 |
| Cinema hall | 21 | 19,8 | 76 | 21,2 | 128 | 24,2 | 72 | 20,3 | 0,458 |
| Indoor sport hall | 34 | 32,1 | 149 | 41,5 | 213 | 40,3 | 146 | 41,1 | 0,348 |

$p < 0,05$

The preferences of the research group for swimming pool, cinema hall and indoor sport hallare statistically significantly different than the other options ($p < 0,05$) with regard to leisure time.

**Discussion and Results**

The opinion of local community was investigated in order to determine which recreational facilities should be built in district. Participants who filled the survey have prefences in following way 52 % cycle path, 49,3 % walking trail, 43,7 % swimming pool, 43,5 % cinema hall, 39,9 % indoor sports hall, 34,9 % volleyball court, 34,5 % basketball court, 30,5 % theatre hall, 26% fishing dock, 25,8 % paintball field, and 23% roller skating rink.

It has been concluded that the prefence for cycle path come up with the highest rate since 52 % participants are at the 12-16 age group. Smilary the reason why walking trail was preffered that much is explain with the distribution of participants as 21,1 % unemployed, 8.8 % housewives and 4,4 % retired and the abundence of people who likes walking.

The results of the prefences of the courses that will be take part indoor, came up with 31,9 % for dance, 28,9 % for foreign language, 27% for music, 25,9 % for theatre, 24,6 % for handiccraft, 24,5 % for chess. It has been considered that unemployed people and housewives which constitute 36,9 % of the total population in the research have preference fort he courses. Furthermore 27,2 % of people preffered for recreational area for children, 26,7 % of them for recreational center fort he people with disabilities, 21,9 % them for reading halland 20,6 of them for hobby garden.

Yıldırım's work (2007) on the evaluation of current sports facilities in terms of sportive activities in Eskişehir provinc and data collected fort he determination of facility strategy in 2015 show that under surveillance of experts individuals are able to do sports in a more plannedand healtierway, so they are able to meet their physical and social needs. Individuals asserted that facilities were designed multipurpose which are suitable for many sports

branches. Construction of the facilities as a multipurpose sports complex provides economic benefits as well.

In the study run by Başaran and Erenci (2006) in Kocaeli University campus, it has been founded that facilities and organizations play an important role in recreational participation.

Özışık's study (1994) on the recreational problems of Turkish military academy scholers explains the reason why people do not participate in recreational activities as the absence of facility and materials with 39 % percentage.

In Arslan's study (1994) on the recreational problems of female students who live in dormitories (higher education credit dormitories institution) 96,1 % of student claim that they are not able to participate in the activities due to physical inadequacy,

There are someluckness in terms of facility, service and transportation according to the study of Demirel and Harmandar (2008) on the determination of possible factors that prevent university students from participating in recreational activities.

In the studies of Zorba et. al (2006) on the evaluation of the importance of recreation for local governments and the attitudes of municipalities toward recreational activities. It has been founded that the units and personnel are insufficient for the use of people's leisure time and the services can not be delivered properly due to economic hardships and incapability of the facilities

The countries which are at the highest ranks in sports give a great importance to the building of sport and recreational facilities. They even accept sports as a science and they consider sports architecture and sports engineering as a branch of sport sciences.

In this study, the local community was questioned for the planning of the recreational facilities in the coastline in Derince district of Kocaeli province. Participants of the study requested numerous programs and facilities (40) including sportive, cultural and artistic activities. The most preferred facilities and areas are listed as cycle pathway, walking trail, swimming pool, cinema hall and indoor sports facility.

As a result taking requests and expecttations of local community in to consideration while planning recreational facilities will provide maximum benefis from those facilities. This will provide a different perspective for further projects.

It has been considered that the applicability of the project will contribute to the creation of psychological relaxation, physical health, socialization within the community, and a healthy society, as well as will increase the feeling of societal belongingness.

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DERİNCE HARİKALAR SAHİLİ REKREASYON TESİSLERİ