

[DOI: 10.20472/IAC.2015.019.053](https://doi.org/10.20472/IAC.2015.019.053)

SERTAÇ GÜNGÖR

Selcuk University, turkey

THE STUDY ON DETERMINATION OF RECREATIONAL TENDENCY AND DEMANDS OF PERSONNEL AT EĞİRDİR HORTICULTURAL RESEARCH INSTITUTE

Abstract:

In this study the thought dealing with their spare time, their personal characteristics effecting their recreational activity choices, recreational activities they mostly prefer to participate in, participation duration, and frequency of public employees in charge of the Directorate of Horticultural Research Institute of Eğirdir have been analyzed. The questionnaires to set down the recreational tendency and demands of public employees have been applied for 112 members and the site survey method was used.

The problems which were identified on the recreation areas; lack of infrastructure, environmental pollution, squalidity, and the lack of environmental regulation. These problems can be solved by pioneering of local governments and non-governmental organizations, attaching importance to advertising and promotional activities, the restoration of the existing touristic and cultural values. It has been observed that the employees have enough spare time during the day and at the weekends were aware of the fact that the recreational activities would be usefull for themselves. In this sense, the employees demand the organizations as picnic, technical or touristic excursions, dinner parties or movie days which can be described as a well-attended social activities and which would be actualized periodically and regularly. The employees of the institute believe that all these activities would be increase the business efficiency and work performance, besides the cooperation and compromising among the staff would be provided, and as a conclusion not only the staff but also the institution would gain advantage.

From this point it is recommended that some events and organizations will be arranged by the institution and information unit will be employed for recreational activities.

Keywords:

Recreation, Spare Time, Tendency and Demand, Eğirdir

JEL Classification: R11, Q50, Z10

Introduction

Psychological and social comfort of an engineer, a teacher or any public officer would increase his motivation to work and raise his labor productivity. After a busy day teacher goes to home in peace and be beneficial to students at maximum level which is directly proportional to getting rid of stress and discomfort right after school which loads burden on him during day. Considering in the sense of labor productivity, it is possible to share the same thoughts for a R&D personnel, an officer or an administrator. Saving personnel from monotony of business life and reaching them to psychological satisfaction and raising their labor productivity can be enabled with more motivation within working hours and also through leisure time organizations out of working hours. This would only be possible with a good recreational activity planning and existence of recreation areas on which these activities can be carried out.

Although Eğirdir is a touristic city it has a restricted structure in the sense of recreational activities. The restricted structure about recreational activities can either be related with recreational areas and restrictive factors depending on people such as absence of leisure time, lack of organization. Determining recreational tendency and demands of public officer in town, sufficiency of current status about recreation areas in the presence of public officers, problems observed in these areas and suggestions for these problems were put forward. Data obtained would contribute to new recreational area planning studies and local management which would be pioneer at this point.

The aim of this study is to determine thoughts of public officers working at Directorate of Eğirdir Garden Cultures Research Institute about leisure time, personal traits which influence their choice of recreational activity, recreational activities which they most participate in and the way, duration and frequency of participation to these activities and detect how participation to recreational activities reflect to their working life and whether it is effective in increasing their labor productivity or not, what kind of relation workers make between recreational activities, working life and labor productivity.

Material and method

The material of study is composed of public officers and workers at Directorate of Eider Garden Cultures Research Institute and employed according to State Personnel Law no. 657 and managers, assistant managers and department head working at manager status.

Study method is composed of three stages basically. These stages are as such:

1. Literature research and data collection
2. Study field status quo (findings)

3. General evaluation – Recommendation

Literature Research and Data Collection: At this stage, literature review was done on use of leisure time and basic issues about recreation; documents in which research results are published such as books, brochure, symposium announcement, essay and thesis were used as resources.

Study field status quo (findings): At this stage, survey forms which were prepared for managers, assistant managers and department head working at manager status and public officers and workers at institution who are employed according to State Personnel Law no. 657 in order to determine recreational trends and demands were filled by using on-site survey method. While preparing survey forms, Standard survey forms prepared by (Demirel 1997, p.7), (Sertkaya, 2001 P.47), (Örücü, 2002, p.41), (Önder 2003, p.32) for their own study were used apart from researches carried out on this subject and they were arranged again to direct our study. The number of subject on which survey would be applied was determined according to “complete inventory method” and survey was applied on 112 personnel in total. In the survey there are 36 questions in total; 6 questions for demographic features (close-ended questions), 25 questions for recreational and leisure time features (close-ended questions), and 5 questions for workplace recreations (close and open ended questions). No other pollster was used in the study. Surveys for workers were prepared by the researcher himself. Personnel working according to State Personnel Law no. 657 answered survey questions by themselves. Personnel who answered survey questions themselves were informed collectively and also during hand out of forms and supported for the questions they misunderstood. Answers given for survey form was transferred to MS Excel media and interpreted transforming table and graphics. “Proportional method” was used in evaluation of data.

General Evaluation-Recommendations (Result): In the light of findings; leisure time features, views on recreation, factors which effect choice of recreational activity and relations between recreational activities and working performances of managers, assistant managers and department head working at manager status and public officers and workers at institution who are employed according to State Personnel Law no. 657 were evaluated and compatibility with literature was questioned. Moreover, suggestions were put forward for both the related institution and local managements in the frame of findings obtained through study.

Findings and definitions: English translation of free time term is “leisure”. The word leisure derives from the Latin word “licere” which means “being allowed” or “being free”. The French word “loisir” which means free time and the word “liberty” which means

“permission” derive from the word “licere”. All of these words which point out having no compulsion or making free choice are related with each other (Yılmaz 2002, p.36).

Although lexical meaning of the term leisure time can be expressed as off-hours, it would be appropriate to make a classification. In this sense it is possible to observe off-hours according to (Tezcan 1993, p.51).

1. Physiological requirements: Time spared for eating, sleeping, body cleaning etc. Yet if we spare more than required time for such things, it turns to leisure time then. If a group of friends go to a fine restaurant or picnic then it is included in leisure time. Spending more time for make up or getting dressed for a party or a meeting includes leisure time. Sexual actions beyond physiological requirements are include in leisure time as well.

2. Obligations apart from working are called “quasi-free time” activities by Dumazadier. For example, time required for household chores for familial tasks, time for shopping. These are not included in leisure time activities. Obligations are mentioned rather in the sense of other people. Yet there is no precise and explicit difference between obligation and leisure time. Then attitude, impulse of person who makes the action should be observed. For example gardening or a few things around home can either be household chores or hobby. Likewise father taking care of his children can be a familial task or pleasure or an occupation.

3. Leisure time is the time when individual gets rid of all obligations and connections both for himself and for others and do an activity he chooses. It states off-hours when the individual is certainly independent and free.

According to another definition, leisure time is defined as the time apart from compulsory actions such as working and actions required by social responsibilities when people can use freely or participate in resting, entertaining or in any social experience (Kömürcü 2007, p65)

International Leisure Time Observation Group which explains quality of leisure time activities makes the definition below. Leisure time activity is a series of occupation in which a person can have a rest, fun, develop information and skills, participate in social life voluntarily with his free will after he fulfills professional, familial and social tasks (Çakıroğlu 1998, p71).

Discussion

Evaluation of survey results: In the study, survey was carried out with 112 subjects in total. 84.8% of subjects are male and 15.2% of subjects are female. 2.7% of subjects in the study are single, 97.3% are married. 82.1% of subjects are in 24-65 age group.

The rate of those who have undergraduate and postgraduate degree in the institution is 45.6%. When educational status of subjects who work with the title of state officer is considered, it was concluded that 78.6% have undergraduate and postgraduate degree. Educational level of subjects who are composed of 42.0% worker and 58.0% officers subject to law no. 657 is high because the institution is research institute.

Although monthly income of institution workers has quite different distribution, it was determined that great majority (31.3%) have 1250-1500 TL and (29.5%) have more than 2500 TL income.

Great majority of subjects (82.1%) have at least one day of leisure time and 77.7% have no difficulty in utilizing their leisure time. While 50.0% of subjects want to have more leisure time with less work, 32.1% stated that the leisure time they have is sufficient for them. While 58.9% of subjects stated that the institution does not provide them opportunity to make use of their leisure time, 24.1% stated that specific opportunities are provided for them by the institution.

62.5% of subjects have no information about recreation. As it was stated in discussion section, the rate is that high because nearly all the subjects working as workers have no knowledge about this word. 93.7% of subjects stated that they go somewhere to have recreational activities. Although subjects have no knowledge about recreation, 93.7% of them have recreational activities which means that recreational activities result from a requirement and takes place as a result of pulsion. 76.5% of subjects who do not go to recreation areas to have recreational activities stated that they would do such kind of activities if they had the opportunity.

As the factors which restrict participation to recreational activities, subjects state lack of leisure time, financial impossibilities and lack of organization respectively. While nearly all of the subjects prefer outer spaces for recreational activities ("both" option is also included), the rate of those who prefer inner spaces is quite limited.

Subjects mostly prefer recreational activities to spend time with their family to have rest and to get rid of work stress. It was determined that subjects generally participate in recreational activities once a week, every 15 days or once a month. Subjects have two weekly off days and they have specific work loads during these two days which result in

one or more days of participation frequency. In spite of all, it is thought that participation frequencies are higher than in other sections of society.

Although duration of participation to recreational activities has a wide range, it was determined that the duration is mostly 2-8 hours/day. The most preferred anticipation duration is 4*6 hours/day with the rate of 30, 0%.

It was determined in the study that recreational activities increase gradually starting from April and lasting until July making peak at this month and then gradually decrease until September. It was concluded that autumn (October-November-December) and winter (January-February-March) seasons are the least preferred seasons for recreational activities. As a result of research it was determined that distance to participation of recreational activities generally starts from 3*5 km and sustains until 30-50 km. It is possible to explain the reasons of differences in preferences in two approaches. These are a) Eğirdir is a settlement place which was founded on lakeshore and lies through lake. The distance between entrance and exit of town is nearly 15-20 km. therefore according to accommodation point, access distance to recreation areas can either be too close or too far. b) Social aspects of institution personnel and especially those who work subject to especially Law no. 657 are powerful and they have high income level therefore they might disregard participation distance. This view is supported with the fact that 92.0% of subjects participate in recreational activities with their personnel car.

Subjects mostly prefer their families in participation to recreational activities. This is followed by relatives-neighbors and colleagues respectively. While the most preferred recreational activity is doing picnic, rummikub and bridge games are in the second place. Most of the institution workers make regular exercise. When the existence of spaces where basketball, volleyball, football and table tennis is considered, sports activities which require active participation.

As a result of research, it was seen that subjects prefer places which provide outdoor recreation such as lakeshore and forestland. Preference of home at the top ranks of list which points out that passive recreation activities are also preferred by the workers.

While subjects rather prefer festival and carnivals in the sense of socio-cultural characteristics, proportional distributions of those who prefer historical and monumental spaces are in the second rank.

While subjects like accessibility and natural landscape characteristics of the places they go for recreational activities, they did not like lack of infrastructure and environmental pollution. The most preferred recreation areas were determined to be Adalar, Kovada Lake, Yukarı Gökdere picnic area and Bedre Cove.

Infrastructure and superstructure lacking, absence of environmental arrangement and neglect of places for recreational areas were the observed problems in Eğirdir. Although subjects have various suggestions to increase recreational activity potential of Eğirdir, environmental arrangement of recreation areas should be done, local management and non-governmental organizations should be pioneer and cultural values should be restored suggestions were primary ones.

Results about workplace recreation: 62.5% of subjects think that recreation opportunities of their work place are not sufficient and 37.4% think the opposite. Prominent views about the subject is to increase recreational facilities and activities should be increased, lack of social areas and inability to manage and removing lack of organization and communication. Similarly, 62.5% of subjects state that no recreational activity is arranged for them and their family by the institution, but a great majority of subjects whose rate is 38.4% have demand for activities such as picnic, travel, dinner party etc. The rate of those who has no expectation about this subject was 14.3%.

86.6% of institution workers think that recreational activities would have positive effect on their working performance. Workers think that positive effect would be enabled by getting rid of work stress, strengthening relations and enabling coalescence and increasing motivation in business life.

In this sense subjects regard increasing recreational activities, enabling organization both in the sense of working discipline at workplace and for recreational activities and enhancing working conditions as methods of increasing performance.

Results for comparative analysis section: While subjects who go somewhere for recreational activity regard absence of leisure time as the restrictive factor in participation, those who do not go somewhere to participate in activities regard lack of organization as restriction and sometime those who attend activities regard financial impossibilities as restrictive factor.

In all age groups it was observed that recreational activities are done in order to spend time with family and to have rest. It was stated that subjects in 26-35 age group attend activities once a week; subjects in 46-55 age group attend activities every 15 days. Frequency of attendance of subjects in 36-45 age group which once a week, every 15 days and once a month are similar to each other.

It was determined that those who have two days off at weekend attend recreational activities once a week, those who have one day off at weekend attend activities every 15 days and those who have no day off at weekend attend activities once a month; it is possible to say on this issue that there is a linear relation between attendance frequency and day off.

It is seen that those who have elementary, college and undergraduate education attend recreational activities once a week, those who have secondary and doctorate education attend every 15 days, and those who have postgraduate education attend once a month. High-school graduates chose attendance frequencies of once a week, every 15 days and once a month at the same rate.

It was determined that those who have elementary, postgraduate and doctorate education prefer recreational activities to spend time with their family and to have rest, those who have college and undergraduate education to spend time with their family, to relax and to remove boredom, those who have secondary and high-school education to spend time with their family and to get rid of work stress.

Choice of doing picnic was at the first place among recreational activities at all educational levels. It is seen that high-school graduates also prefer meeting with friends and visiting apart from doing picnic.

Those whose monthly income is 1250-1500 TL, 2000-2250 TL and above 2500 TL prefer recreational activities to spend time with their family, those whose monthly income is 1500-2000 TL to spend time with their family and to relax and remove boredom, those whose monthly income is 1000-1250 TL to have rest, those whose monthly income is 2250-2500 TL to get rid of work stress.

It was determined that those whose monthly income is 1000-1250 TL and above 2500 TL attend recreational activities every 15 days, those whose monthly income is 1750-2000 TL attend once a month and those in other income groups attend once a week.

Those whose monthly income is 1750-2000 TL and above 2250 TL prefer 10-20 km distances, between 1500-1750 TL prefer 5-30 km distances, between 2000-2250 TL prefer 3-5 km, 10-20 km and 30-50 km distances, between 1000-1250 TL prefer 50-100 km distances, between 1250-1500 TL prefer 30-50 km distances.

It was determined that subjects who have 2-6 hours leisure time attend recreational activities once a week, those who have 6-8 hours leisure time attend once a month and those who have more than 8 hours of leisure time attend once a week and every 15 days.

Those who attend recreational activities between 0-8 hours generally attend once a week and every 15 days, between 10-12 hours attend more than once a week, every 15 days, once a week, once every three months and once a year, more than 12 hours attend every 15 days.

Problems observed in recreation areas in Eğirdir are about environmental arrangement from the point of those who have elementary and secondary education, environmental

arrangement and lack of management from the point of those who have high-school education, neglect of care from the point of college graduates, lack of infrastructure and superstructure for those who have undergraduate and postgraduate education and neglect of care and lack of infrastructure and superstructure for those who have doctorate education.

Generally, apart from those who have doctorate education, for subjects at all educational levels, environmental arrangement of recreation areas should be done, local management and non-governmental organizations should be pioneer suggestions were primary choices to increase recreational activity potential of Eğirdir. Those who have doctorate education have suggestions that advertisement and promotional activities should be done and available natural areas should be related with recreation.

Suggestions

Although Eğirdir has high recreation and tourism potential, this potential is not utilized sufficiently. In Eğirdir which is in touch with nature due to lakeshore, nature protection areas, recreation spots and natural beauties, greatest problems determined by those who use these areas are lack of infrastructure, environmental pollution, neglect of care and lack of environmental arrangement. If local managements take care about this issue and protect these areas, solve problems not at once but step by step would have contribution to the tourism of town, to recreation and thereby to the economy.

Although “Eğirdir Association of Tourism Representation and Outdoor Sports” (ETUDOSD) contribute to the tourism of town with alternative sports (activities such as ski, alp discipline, snowboard, touring ski, trekking, mountain biking, paragliding, speleology, sailing, scuba diving, rafting, canyoning and photo safari); local managements and other non-governmental organization should have active role in this issue.

Apart from these, concentrating on advertisement and promotion studies, restoration of available cultural and touristic values would contribute to increase of recreational activity potential of Eğirdir.

It was determined that Eğirdir Garden Cultures Research Institute workers have sufficient leisure time during day and at weekends and they are aware of the contributions recreational activities would have. Great majority of the institution workers do not think that opportunities of institution for recreational activities and recreational activities provided for personnel are sufficient. In this sense they demand specific organization which would be carried out regularly and in specific periods with broad participation (such as picnic, technical or touristic trip, dinner party, cinema days etc.). They believe these activities would increase their labor productivity and working performance, enable

solidarity and coalescence between personnel and finally not only themselves but also all the institution would be better.

The first suggestion of institution workers to increase working performance is to increase recreational activities, and the second suggestion is to enable work place organization both for work place discipline and for recreational activities. Management of planning and organization for recreational can be possible with the existence of people who should work on this. There is information and broadcast unit affiliated directly to assistant technical manager in the corporate body of Eğirdir Garden Cultures Research Institute. As it is known, information is the name given generally to communication, consultation, making bond between each other, having exchange of ideas, receiving and giving information. When information is regarded as a unit, it would be the place where tasks and operations mentioned below are organized. From this point, it can be suggested to organize activities and organization for recreational activities by the institution and information unit should be given active role about the issue.

In the end it is quite clear that recreational activities organized by the work place would have specific contribution to everyone. Steps about recreational activities should be taken for recreational activities by the institution to enable better working environment where it heads for lack of communication and to save personnel from responsibilities of social life and stress conditions of working environment. Recreational activities which are applied successfully by private sector should be applied in public sector as well, personnel should be improved in social sense, saved from work stress and monotony and thereby their motivation and labor productivity should be increased.

Conducting similar studies by other public institutions and constructing public sector in the frame of results obtained from these studies would be the greatest acquisition.

Acknowledgment

This article is part of the MSc thesis supervised by Assist.Prof.Dr.Sertaç GÜNGÖR (accepted by Selcuk University Natural and Applied Sciences)

References

- Çakıroğlu H. (1998) *Beden Eğitimi Dersi ve Diğer Dersler Açısından Okullarda Ders Dışı Faaliyetlerin Durumu Eğitsel Kollar ve Faaliyetleri*. Yüksek Lisans Tezi, Marmara Üniversitesi Sağlık Bilimleri Enstitüsü, İstanbul.
- Demirel Ö. (2003) *Turizm Yörelerinde Yerleşik Olarak Yaşayan Yerli ve Yabancı Bireylerin Rekreatif Faaliyetlerinin Karşılaştırılması*. Yüksek Lisans Tezi, Muğla Üniversitesi Sosyal Bilimler Enstitüsü, Muğla.
- Demirel Ö. (1997) *Çoruh Havzası (Yusufeli Kesimi) Doğal ve Kültürel Kaynak Değerlerinin Turizm ve Rekreasyon Potansiyeli Açısından Değerlendirilmesi Üzerine Bir Araştırma*. Doktora Tezi, K.T.Ü Fen Bilimleri Enstitüsü, Trabzon.
- Kömürcü B. (2007) *Değişen Tüketim Kültürü ve Serbest Zaman Etkinliklerinin Yeni Kamusal Mekânı: Ankara Atakule ve Ankamall Alışveriş Merkezleri Örneği*. Yüksek Lisans Tezi, Gazi Üniversitesi Fen Bilimleri Enstitüsü, Ankara.
- Önder S. (2003) *Selçuk Üniversitesi Öğrencilerinin Rekreasyonel Eğilim ve Taleplerinin Belirlenmesi Üzerine Bir Araştırma*. Selçuk Üniversitesi Ziraat Fakültesi Dergisi, Cilt: 17 (32), Sayfa: 31-38, Konya.
- Örücü Ö.K. (2002) *Eğirdir Yöresindeki Mevcut Peyzaj Değerlerinin Turizm Açısından İrdelenmesi*. Yüksek Lisans Tezi, Süleyman Demirel Üniversitesi Fen Bilimleri Enstitüsü, Isparta.
- Sertkaya Ş. (2001) *Bartın İli Kıyı Bölgesinin Turizm ve Rekreasyon Potansiyelinin Saptanması ve Değerlendirilmesi Üzerine Bir Araştırma*. Doktora Tezi. Ankara Üniversitesi Fen Bilimleri, Ankara.
- Tezcan M. (1993) *Boş Zamanlar Sosyolojisi*. Ankara Üniversitesi Basımevi, Ankara.
- Yılmaz Z. (2002) *Kütahya İli Orta Öğretim Kurumlarındaki Öğrencilerin Serbest Zaman Faaliyetlerinin Dağılımı ve Değerlendirilmesi*. Yüksek Lisans Tezi, Dumlupınar Üniversitesi Sosyal Bilimler Enstitüsü, Kütahya.