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Sports recreation and sports facilities in tourist-themed areas - Jijel State model -

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Abstract:

All types of recreational sports activities have a direct and positive impact on achieving comprehensive personal development on the physical, mental and social level, and give this type of recreational activities it's importance. It is necessary to focus on the establishment of specialized facilities, provide the required conditions for this type of recreational services everywhere, exploit the natural possibilities and components of each region and exploit them in different types of sports activities.

This is what we have aimed to address in this research paper through questioning the state's interest in sports facilities of a recreational nature in the tourist areas, specifically in the city of Jijel, due to the diverse elements and this regional tourism potentials, so it can be an area of an excellent recreation tourist-natured sports, and we have carried out this study through the use of the descriptive curriculum in accordance with its research tools to reach the desired results.

Keywords: Recreation, public facility, sports facility, physical activity, sports activity.

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1. INTRODUCTION

Recreation is a manifestation of human activity that has a vital role to play in achieving psychosocial balance, and to promote its clear contributions on the human happiness in the modern life, such as fulfilling the human needs to create self-expression, developing physical health, emotional health and mental health of the individuals. as well as freeing them from stress and tension associated with life conditions, in order to provide happiness and stability.

Sports recreation and self-recreation has a great impact on the lives of the individuals and societies, especially the civilized ones ,as a result of the technological and technical development we are experiencing in our time, which has generated many problems such as anxiety, boredom, alienation and tension... Sports recreation and various physical and sports activities became a social necessity for the individual and a powerful factor in the soul's shaping and the elimination of stress, making them compatible and adapting to the values, characteristics and manners of society.

Therefore, in this study, we focused on the subject of recreation and sports facilities in tourist-themed areas by surveying most of the sports facilities that already exist, which provide services to individuals and the community in the field of study (Ziama Mansouria).

Due to all what have been said before, we can ask the question: Is the Algerian state interested in establishing recreational sports facilities in tourist areas?

From this point of view, we can say that the Algerian state can be interested in establishing recreational sports facilities in tourist areas to increase tourist attractions.

2. The importance and objectives of the study:

2.1. The importance of study:

The importance of this study lies in the introduction and diagnosis of the great variation of the various sports recreational facilities and facilities available in Jijel state in general and in the field of study (Ziama Mansouria) in particular, and the actual reality of these facilities and the services they provide to various segments of the Gigali society.

The main importance of this research paper is to highlight the most important facilities and structures that already exist that meet the needs of the individual in this region on the one hand, and to highlight the reality and current status of these facilities in terms of their efficiency, diversity and meeting the needs of society in the other hand, and this is only if human and material resources are optimized to ensure the provision of the best quality services.

2.2. Study objectives:

The specificity of this study is reflected in the great importance of public facilities, particularly recreational and recreational sports facilities, and the services they provide to various segments of society, and therefore this topic aims to show the typical performance of these facilities and their reality in the state in general and in the field of study in particular in terms of:

- Number of sports facilities in the region.
- Sufficient facilities in the area.
- The quality of facilities available in the area.
- The quality of services provided in these facilities.
- Equipping facilities with physical and human equipment.

3. Study limits:

Through our study of sports recreation and sports facilities in tourist-themed areas of Jijel state, which is full of many historical, natural, archaeological and even cultural touristic areas due to its strategic geographical location and diversity of topography and climates, and based on the specificity of this region, we have relied on diagnosis and description through a certain geographical area, namely Jijel state, located in the coastal strip as one of the most important tourist cities in Algeria and a pole of tourism expansion; In order to address and diagnose this subject, we conducted a field study in Jijel province exactly in the Area (Ziama Mansouria) in late July 2021 and the beginning of The Month of August of the same year.

4. Defining the concepts of the study:

4.1. The concept of recreation:

The word recreation in Arabic has been used little in Arab social writings, but has used other words such as: emptiness, fun, play, where there is a great overlap between the word recreation and leisure time, because recreation occurs in the leisure time enjoyed by the person for comfort.

Recreation is all aspects of constructive activities acceptable socially and ideologically that occur during leisure time, so that they are chosen as a result of internal motives according to the will of the individual in order to acquire many personal values and achieve satisfaction, joy and happiness through participation in recreational activities, not for external motives aimed at material and moral gain. (شاربي، 2018، صفحة 181)

Recreation is defined as optional and voluntary leisure activities, which target the individual's physically, healthally, mentally and social development then develop a spirit of interaction and cohesion, strengthen the spirit of belonging to the

community and society, and keep everyone away from any trend of deviation that has an impact on the integrity of social construction. (الحسن، 2005، صفحة 64)

Godren also believes that recreation means the activity and work of the individual or group during leisure time. (مسعودة، 1918، صفحة 330)

Recreation is therefore the activity that is chosen by the person voluntarily to practice in his free time, which brings him comfort, pleasure and the acquisition of new social values, which take place at the level of recreational and sports facilities dedicated to it, whether it is short-term activity such as sports activity or long-term such as travel, tourism and recreation. Based on the above, we can define a concept of the recreational facility.

- Concept of recreational facility:

The recreational facility is a public institution supervised by the State or individuals, the aim of which is to provide services of a recreational nature to satisfy the recreational and sports needs of individuals in the form of services that provide comfort and recreation for individuals on weekends or annually, and work to achieve economic and social objectives through which we maintain the continuity and survival of society, so that this type of facility must be located in all regions, in order for individuals to benefit from this type of sports recreational nature and to exploit the possibilities available in the region publicly .

- The concept of recreational sports activity:

Recreational sports activity is an activity that an individual does on his own in order to achieve the personal happiness he feels during or after the exercise of the activity to meet the psychological and social needs, where its importance lies in achieving the overall development of the individual in all physical, mental and emotional aspects. (قرومي، 2021، صفحة 125)

4.2. Concept of sports facility:

Before defining the concept of a sports facility, we must first stand on the concept of the public facility, then define the concept of the sports facility.

4.2.1. Concept of public facility:

The public facility is every project that aims to meet the provision of public services to satisfy the needs of individuals, where individual projects are unable to do so, and are handled by the public administration, managed either by itself or by individuals, but under the control of the public authority that authorized this activity, whose content reflects the State's ideology in the area of comprehensive development.

The public facility is defined as every activity that must be costed, regulated and handled by rulers because such activity is indispensable for social solidarity and

its development, so that it can be fully achieved only through the intervention of the ruling authority," and this definition is close to the ideological definition: "The public facility reflects an ideological philosophy of society within the State. (الحداد، 2001، صفحة 33)

4.2.1. Concept of sports facility:

The Sports Facility is a specialized public base facility, geared towards the practice of various physical and sports activities, where the State deals with such facilities and structures and seeks to establish rules and foundations that decentralize management and conduct for the development of this type of facilities and what is needed to maintain and activate them.

The sports facility is also considered as one of the public administrative institutions whose tasks are limited to organizing and conducting various competitive sports activities and practices, schools, universities, as well as military sectors, also constitute these facilities and sports structures in football stadiums, multi-sports halls, handball halls, gymnastics halls, swimming pools, handball halls, basketball, judo... etc. (ربوح، 2017، صفحة 22)

4.3. The concept of physical activity:

Physical activity describes a lot of forms of movement, including activities that use large skeletal muscles, and activities that use small skeletal muscles such as (drawing, writing) are important but do not provide the health benefits found in activities that use large skeletal muscles, which requires a real dissipation and waste of energy. Physical activity is defined as:

4.3.1. Period: The duration of time spent on physical activity per sports quota.

4.3.2. Intensity: Here we mean the rate of energy consumed during physical activity. Such as (measuring the amount of fat lost during a particular physical activity in a given period of time).

4.3.3. Repetition: Repeating here means the number of sports classes in which physical activity is exercised in a specified period of time such as: (number of classes of physical activities practiced within one week).

4.4. The concept of sports activity:

Sports activity is one of the most important means and activities of self-expression for the individual, through these activities, individuals express their desires and inclinations as well as their talents through play, and activate them physiologically and psychologically and increase their physical and mental returns, leading to their removal from the routine of daily life.

Sports activity is an educational activity that promotes the education of young

people in a balanced and integrated aspects: emotional, social, physical and mental, through various sports programs and fields under the supervision of specialized leadership that works to achieve the objectives of sports activity in order to contribute to achieving the overall objectives of physical education. (الترامسي، 2010)

Sports activity aims to increase an individual's ability to focus, pay attention, perception, observation, perception, imagination and innovation, as well as to increase the efficiency of an individual's vital organs such as the respiratory periodic system, as sports activity strengthens the muscles of the heart and lungs and increases their functional efficiency.

As sports activity also increase the overall health and enjoyment of the body, some may enjoy medical health without exercising a kind of sports activity, but the individuals who engage in this activity feel the joy of life, as well as gain fitness, and achieve social and psychological adjustment within their families, community and homeland.

Physical and sports activity is one of the most high forms of motor phenomenon among humans , it is the most organized and higher than other forms of physical activity and defined as a special activity, namely, organized competition in order to measure and ensure maximum identification of abilities" thus distinguishing sports activity as physical training with the aim of achieving the best possible result in the competition not only for the individual athlete but for the activity itself, and adds a social character necessary because the activity is necessary because the activity Physicality is a cultural product of the competitive nature of man as a cultural consensus being.

5. Curriculum and study tools:

This study was based on the descriptive analytical approach, as we conducted a survey of the various mathematical components and the facilities available in Jijel State in general and in the field of study in particular, with the aim of identifying the current conditions of the field of study and the extent to which the structures and facilities available are being used, by describing and diagnosing the phenomenon studied by highlighting the sports facilities included in the field of study and the extent to which they are equipped and sufficient to meet the People's needs, also to analyse the quantitative and qualitative field data obtained from Through descriptive method tools such as observation, documents, records, reports and statistics.

6.Sports recreation:

Recreational sports activity is one of the most important activities that many researchers and specialists have taken care of because of its great importance and benefit to all segments of society. (حسام، 2010، صفحة 119).

Sports recreation is therefore a key to a recreation programmes because of its great importance in the overall pleasure of the individual, as well as its importance in the general physical, mental and social development of the personality.

Physical activity, whether for the purpose of exploiting leisure time or for training to reach high levels, is a sound path towards public health, as during the exercise of that activity the individual achieves full physical, psychological and social growth in addition to improving the efficiency of various organs of the body, such as the periodic, respiratory, muscular and nervous system. (رحمة، 1998، صفحة 9)

Sports recreation can be divided as follows:

6.1.Small recreational games: A variety of running games, small ball games, fitness games, and other fun games that are fun and competitive with the flexibility of their rules, lack of tools and ease of practice.(طه، 2006، صفحة 27)

6.2.Big sports: Motor activities that are practiced using the ball and can be divided according to different perspectives individual, marital or group games, or for the season of the game winter or summer games or played throughout the year. (طه،

2006، الصفحات 17-28)

6.3.Water sports: Recreational activities such as swimming, water polo, or canoeing, yachts and canoes are considered to be the most popular recreational activities in our country.(عايدة، 2004، الصفحات 90-91)

If we talk about the objectives of sports recreation, teresa and Alaska see that sports recreation has many values and objectives that it seeks to achieve for participants in its various activities, including: (رحمة، 1998، صفحة 10)

- Compensating for the lack of physical mobility of the individual resulting from the technical progress of this era, which has reduced human mobility.
- Get rid of excess weight or obesity caused by overeating and lack of physical mobility.
- Recreation and Avoid of nervous tension.

7. Sports recreation objectives:

According to Mohammed Al Hammah, sports recreation (sports for all) has contributed to the positive impact on many aspects of the growth of participants in

the practice of its activities. Sports recreation also aims to prevent the changes of the modern city and to increase the productive returns of its programs participants, so Al Hammami has set the objectives of sports recreation according to the nature of those goals, as follows: (عايدة، 2004، الصفحات 90-91):

7.1. Physical goals:

These are the objectives that concern the physical condition of the individual who practices to differ from physical activities regularly:

- Fitness development, increases energy and stamina, strengthens bones and reduces the chances of thinning.
- Maintaining a good physical condition.
- Rejuvenate the body and retain the gratefulness.
- Preventing certain deviations in textures and correcting some strength deviations.
- Nervous and muscular relaxation.
- Resistance to physical breakdown in old age; sport helps to improve balance and may significantly reduce the risk of loss, a condition that is one of the main causes of injuries among the elderly. (عايدة، 2004، الصفحات 91-92)

7.2. Health goals:

They are generally related to the regular health of the practitioner of their activities, and include the following objectives:

- Developing an individual's health status and developing desired health habits.
- Prevention and reduction of risk of heart and circulatory diseases. Sport strengthens muscles and increases heart activity and lung capacity.
- Increase the body's natural immunity and resistance against diseases, and reduce the negative effects of stress, anxiety and nervous tension.
- Appropriate nutrition according to the type of effort exerted in the exercise of activity.
- Maintain the right body weight. Exercise significantly improves digestive function and performance.

7.3. Skill goals:

are associated with the learning and development of motor skills in general, the most important of which include:

- Developing a sense of motor from a young age.
- - Learning the motor skills of games and for different sports from a young age.
- Learning about motor activities that characterize their practitioners in a lifelong continuity.

- Improving the performance of the athletically gifted people.

7.4. Educational objectives:

are concern the individual practicing their activities from the educational side, and include the following most important objectives:

The development of the integrated personality of the individual.

- Investing in leisure time.
- Providing the individual with many life experiences.
- Developing a sense of love for nature and the life of the emptiness.
- Improving the behaviour of the individual and developing the willpower in it.
- Self-superiority, development of aesthetic values and artistic taste. (عايدة، 2004).

صفحة 92)

- To be accustomed to respecting the practice dates of activity between individuals or among groups.

7.5. Psychological objectives:

are the objectives that concern the individual practicing their activities from the psychological side, and contain the following most important objectives:

- One of the benefits of sports mental health when exercised regularly is that it enhances self-confidence, increases self-esteem, and the ability to withstand excessive pressure, and contributes to improving the external appearance.
- Developing desire and provoking the individual's motivation for motor activity.
- - Achieving happiness within the individual's life and recreation, and satisfying the motor inclination, playing or the desire for sport.
- Self-expression and voiding the repressed emotions. One of the benefits of sports is also improving the mental health through reducing the level of stress hormones in the body, while stimulating the production of a substance called androfen, a chemical that is excreted from the brain when exercising.
- Reducing the psychological and nervous tension caused by living conditions in contemporary societies. When activity is physical, an individual's mind is free of daily stress, which can help the individual avoid various negative thoughts.
- Achieving relaxation and psychological balance for the individual. Exercise and other forms of physical activity improve the quality and quality of sleep by helping the individual sleep faster and deeper, and better sleep can improve an individual's mental expectations the next day as well as improve mood.
- Developing the concept of self and satisfying the motivation for adventure and competition.

7.6. Social objectives:

are concerned with the social aspect of the individual practicing their

activities, which include:

- Overcoming the phenomenon of social isolation that prevails in contemporary society by forming relationships and friendships with other individuals and groups.
- Satisfy the need to meet with others with common inclinations and interests.
- Achieving social compatibility for individuals and groups practicing sports activities for all.
- Participation in celebrations, sports festivals and cooperation between groups and some of them in organizing them.
- Develop communication and negotiation skills between groups and some to support teamwork.
- Creating opportunities for group planning of activity, training in collective decision-making and how to reconcile the problems facing sports for all. (عايدة، 2004،

الصفحات 93-94)

7.7. Cultural objectives:

The objectives associated with providing the individual with many types of knowledge include:

- Providing the individual with a sports culture by providing him with many types of knowledge, trends and customs related to the field of sports for all.
- Shaping and developing the individual's awareness of the importance of sport for all in modern life.
- Forming a positive attitude among individuals and groups towards sports for all.
- Learn about many leisure and outdoor activities, and understand how to organize them.
- - Learn about popular games rooted in the cultural heritage of society.
- The individual practicing sports activities for all learns how to prevent and treat injury if it occurs.
- A better understanding of the environment surrounding the individual.
- Recreational sports activities contribute to the promotion of tourism, especially if they are taken care of in terms of media promotion and the provision of the necessary possibilities. (بن نعة، 2018، صفحة 142)

7.8. Economic objectives:

they reflect objectives that are related to the productivity of individuals and groups practicing sports activities for all, and include a set of objectives: (عايدة، 2004،

الصفحات 94-95)

- Improving the quality of life of individuals or groups engaged in sports recreation activities.

- Reducing therapeutic or health expenses due to the contribution of sports to the prevention of many diseases associated with weight gain, lack of mobility, psychological or nervous stress. In addition to increasing desire and motivation to work.
- Reducing the productive loss of society resulting from reducing crime rates and reducing the prevalence of drug use among individuals, thanks to the investment of leisure time in participating in sports recreation activities.

8.Recreational and sports facilities:

Recreational and sports services are a range of activities and events that satisfy human desires , psychological and mental well-being, and in order to suit his age and culture, preparing recreational and sports services are important and essential activities in the city, and recreational and sports facilities are often the weakest in the field of competition between other activities such as commercial and industrial activities, at a time when the population is increasing and the demand for recreational and sports services is increasing and these services are declining and reducing their scope, creating considerable pressure on what is available, their performance is less efficient.

Table No. (01) shows the recreational and sports facilities located in Ziama Mansouria.

Facility type	Number	Site
Football stadiums	01	kamhoun
Multi-sports halls	01	bokriz
Al , Jawari Sports Boat	01	bokriz
Neighborhood Stadiums	01	Mansouria
Spaces to play	02	Mansouria. Bublaten
Sports Associations	03	Mansouria
The wonder caves.	01	National Road 43
Nature Reserve	01	taza
Marine Reserve	01	In the process of studying
Pools	01	Follow The Chopa Hotel
Sea Cast	01	Mansouria
Ports	01	Mansouria
Beaches	05	Ziama Mansouria

Source: Preparation of researchers based on the statement of the Secretary-General of the municipality of "Ziama Mansouria"

What should be noted is that these facilities in the field of study are a Mansouria zeyama, as table No. 01 shows: "Inadequate and does not meet the needs

of the population or the visitors of the region. The planning of recreational services needs to be studied in accordance with the real circumstances of the city of Ziam Mansouria with all its natural and human aspects in order to identify the possibilities available to the field of study and the obstacles that prevent the use of certain facilities, the needs of the population is determined from these services and to be suitable for all residents of the city of Ziam Mansouria in terms of age group and their desires without neglecting the age group of the women side, in addition to the distribution of these facilities in proportion to the distribution of the population in the field of study, and to be commensurate with the planning of these facilities in reality. The prevailing natural climate, topographical situation, or water bodies that have not been exploited for recreational purposes in a manner consistent with the realities of the field of study.

9. Study results:

Through the Field Study of the Ziam Mansouria area in Jijel state, we have reached a range of results that we present as following:

9.1. In terms of the adequacy of recreational and sports facilities in the Area of Ziam Mansouria:

The provision of service facilities (recreational and sports facilities) needs to be adequate in providing services and needs to all segments of society in the region, and through planning that is consistent with their reality, whether planning infrastructure networks or choosing the locations of these facilities that meet community services and are in accordance with the correct standards and planning foundations in each type of services, which we have not found in the region (Ziam Mansouria) in most of the facilities .

9.2. In terms of the efficiency of the service provided in recreational and sports facilities in the Area of Ziam Mansouria:

The efficiency of the service depends on the type of machinery, equipment and techniques used in the provision of services, the more advanced and modern these technologies are, the more efficient the services available, the more quality available, so the technologies and equipment must be updated and the working groups in this field trained.

9.3. In terms of the flexibility of service in recreational and sports facilities in The Ziam Mansouria region:

This characteristic lies in the flexibility of services in several directions, among which the capacity of the service must be able to absorb the increase number of natural population and those who come to the field of study Ziam Mansouria without affecting the normal perception on the one hand, and on the other hand

absorbing the new developments in the field of services without stopping or failing to provide them and the property is not available in the facilities available in the field of study Zeama Mansouria.

9.4. In terms of safety in recreational and sports facilities in The Ziama Mansouria area:

This feature is important in the provision of services, and must be properly available within the considerations and standards that achieve this characteristic, such as the provision of water must be pure and uncontaminated and as the treatment of sewage and waste in proper ways so that it does not have negative effects on the lives of the population, such as roads characterized by dangerous, narrow and reckless means that expose citizens to dangers in terms of protecting individuals and property.

What should be noted here is that the facilities in the field of study are inadequate, the quality of services is weak, their areas are very small and do not conform to the right foundations and standards, and do not meet the basic needs of the population and expatriates.

10. CONCLUSION

What can be drawn from our study and all that we have referred to about recreational and sports activity is its importance to individuals, it is considered an educational and therapeutic means if exploited on a regular and continuous basis, it contributes to the formation of the personality of individuals from all aspects of health, psychological aspect, moral and social aspect, especially the physical aspect, and thus the formation of a balanced personality characterized by social interaction, emotional stability and the optimistic outlook of life.

All these objectives combined can be achieved only by providing specialized structures equipped with all means available and all the conditions conducive to their success in the field, chief among these possibilities, specialized human conditions and energies and the appropriate atmosphere for the practice of this type of activity, where the success of this sector extends from the individual level to a greater level.

This type of recreational activity of a sporting nature helps increase the tourist attractions of this region for athletes seeking comfort and recreation as well, as effective and successful planning can become a tourist pole and center for organizing national and international events.

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