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METHODICAL APPROACHES TO RECREATIONAL AND TOURIST CYCLES - FUNDAMENTALS OF RECREATIONAL AND TOURIST NATURE MANAGEMENT

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Abstract

The article analyzes the essence and significance of recreational and tourist activities as a component of recreational and tourist cycles. Thus, recreation and tourism can be considered as a separate large block of nature - recreational and tourist nature management (RTP), which allows not only each person to use a favorable resource base for recreation, but also leads to changes in this area and the formation, as a result, multilevel ecological situations. The authors argue that a scientifically sound system of recreational and tourist resources is being formed, which helps tourists and vacationers to be aware of the geographical location of certain objects of recreation and contemplation.

Key words: recreation; tourism; rest; nature management; region.

Actuality of theme. In recent years, the study of recreational and tourist nature management (hereinafter - RTP) is an important area of research in Ukraine within the concept of sustainable development of its regions. Its relevance is to identify new types of recreation and tourism on the basis of existing and prospective tourist and recreational potential of the territory and their use by domestic and foreign vacationers and tourists. The

analysis of the components of the RTP emphasizes the importance of the study, as it highlights one of the promising components for the development of OTG natural resource potential of the territory. In addition to the generally accepted provisions of the RTP in today's conditions for some areas is the main source of recreation and health of a person, improving his general health, which confirms the relevance of the study.

Issues of recreational and tourist nature management are covered in the works of Atamanyuk J., Beidyka O., Gavryliv B., Gensiruka S., Deputy M., Evdokymenko V., Zinka Yu., Kilinska K., Klapchuk V., Kravtsiv V., Krachyla M. ., Kukurudza S., Lyubitseva O., Petranovsky V., Rutinsky M., Pushkar B., and others. In most cases, the analysis of the RTP is based on the principles of identifying the role and significance of a particular type of tourism, analysis of the natural or infrastructural component of the RTP. The functioning of interconnected and interdependent components - natural, socio-economic and historical-cultural objects of RTP, their use by domestic vacationers is an ambiguous issue, which in most cases is poorly characterized in modern research by domestic and foreign scientists. Filling this gap was the main task and defined the purpose of the proposed article.

The aim of the research is to identify methodological approaches and reveal the peculiarities of the formation of recreational and tourist cycles as the basis of recreational and tourist nature management. To achieve the outlined goal, the following tasks were solved: identifying the essence and significance of recreational and tourist activities as a component of recreational and tourist cycles; the object of research is recreational and tourist cycles, which is the basis of recreational and tourist nature management, and the subject of the study are the theoretical and methodological foundations of the functioning of recreational and tourist cycles.

The methodological basis of the study is the fundamental provisions of geographical science and regional economy on the interaction of society and nature, conceptual approaches of Ukrainian and foreign scientists to a comprehensive study of natural and socio-economic systems. The multifaceted and interdisciplinary nature of the phenomena, processes and factors analyzed in the work necessitates the use of a number of general and specific scientific research methods: analysis, synthesis, systems approach, retrospective, literary, cartographic, statistical and other methods and own author's research.

The study of recreation and tourism in today's conditions belongs to the current and promising areas of socio-economic geography and improvement of existing land use. This situation is due to the great desire of the individual to relax, travel and make tourist trips in order to deepen their knowledge of territorial diversity. The reason for this attitude to himself

and to his time is due to the high employment of people of working age. Undoubtedly one of the reasons for premature aging of the body is the incompetent organization of their free time, partly ill-considered attitude to themselves, a great desire for self-affirmation in society, and other reasons at a fairly dynamic pace of modern human life. Therefore, it is important to pause for a while, rest, pay attention to what is around you. In this regard, recreation and tourism are relevant not only in terms of their study, knowledge, ability to use them, but also serve as one of the arguments for maintaining their own health.

It is clear that recreation and tourism provide the average person with a wide range of services, but they are not always suitable for the individual. You can become a vacationer and a tourist at home, going beyond your area of residence or moving a certain distance and getting into a different from the usual natural and anthropogenic environment. We rarely use such types of recreation, because our psychology has a thesis, but it is necessary to rest (prestigiously) on islands, seas, in another country or hemisphere. Therefore, the main purpose of the article was to study the unique natural and man-made tourist and recreational facilities of the native land.

How can you relax at home? We will gradually explore this and other things in our publication, and the first thing we will pay attention to is recreational and tourist activities on the territory of our native land. Recreational and tourist activities are seen as a revolution today, someone sees it as all the elements of a particular sector of the economy, the economic system aimed at the production and exchange of tourist services and goods [4], other active leisure, the spread of various forms of family tourism [7].

Researchers from the University of Rzeszów (Poland) and the Vasyl Stefanyk Precarpathian National University (Ivano-Frankivsk) conducted a study of recreational and tourist activities of different age groups, which proved that the vast majority of the population of Poland's Podkarpackie Voivodeship refuses to travel in large tourist groups. preference for individual, family and small group recreational and tourist activities. These are mainly water, hiking, cycling, skiing, horseback riding, walking and ecological trails [11, 12].

In accordance with the main provisions of the methodology of studying recreational and tourist nature management at the grassroots level, this type of nature use changes in accordance with the socio-economic conditions of society. This is a socio-historical product that depends not only on the surrounding natural, cultural, economic condition of the territory, country, but also on the requirements of vacationers and tourists, their gender and age structure, temperament, ambitions, financial status and other factors. Therefore, today it is too early to talk about some canonical features of RTP. It is better to explore such objects of

recreation and tourism, which are of interest to a wide range of the population, information about which is passed from generation to generation, have natural, historical, cultural and socio-economic value and significance.

In recent years, due to significant employment, accumulation of material goods, insecurity of the state of individual entities and uncertainty about the future, everyone wants to divide their free time by: a) the desire to change the situation; b) emotionally improve health; c) to be spiritually enriched. In other words, recreation and tourism in the native land are designed to help a person "escape" from daily routine work and problems and, at least in part, change the outlook on things, acquire new emotions that will allow him to continue working and productive and harmonious family .

Wanting to relax at least twice a year, a person through a system of recreational and tourist resources forms its recreational and tourist leisure cycle, which means a system of subjective requirements, requests, desires that are useful and individually attractive (attractive), taking into account recreational and tourist time, habit, price, creativity of rest. RTVC consists of recreational and tourist activities. Recreational and tourist activities can be targeted, additional, related. Often all three groups of classes are combined, which is facilitated by a set of recreational and tourist resources.

An important element of scientific research is the grouping of RGUV by a number of commercial characteristics and their characteristics (Table 1).

Table 1

Classification of recreational and tourist leisure cycles

№	Classification features	Brief description
1	By way of movement	Pedestrian, combined
2	By the nature of the vehicles used	Car (individual), bus
3	By number of participants	Individual, group
4	On a family basis	Children's, adult, mixed
5	By the nature of the organization	Regulated (planned), amateur: organized, unorganized
6	Seasonality	During the year, seasonal (summer, winter, spring, autumn)
7	By time	Daily, weekly, decadal, annual
8	On a territorial basis	Urban, suburban, township, village, regional
9	By duration	Long, short
10	By the nature of the use of recreational resources	Natural, cultural-historical, infrastructural
11	The main motive of recreation	Cognitive, restorative, sports, health, emotionally inspiring

Our thesis that recreational and tourist activities (RTA) in the native land should be based on acquaintance with natural, historical, cultural and socio-economic resources should not be accepted without the existing analysis of scientific publications of leading scientists in this field. Therefore, we made an attempt to identify approaches in the study of this issue (Table 2), which briefly presents their main idea of how to study the area for different types of recreation and tourism in different areas, functions and other factors of the study.

Table 2

Author's classifier of factors of recreational and tourist activity

№	Surname, initials, year	Main cycles of RTD
1	V.K. Evdokimenko (1997)	Socio-economic, demographic, socio-psychological, ecological.
2	V.V. Shmagina (2000)	Socio-economic, demographic, socio-psychological, environmental, resource.
3	V.G. Gerasimenko (1997)	Socio-economic, demographic, socio-psychological, environmental, resource, logistical and natural-geographical.
Our opinion: in the specified achievements of scientists there is a selection of separate groups in independent, but their value was already considered. For example: resources are included in the socio-economic, demographic - to the socio-economic; resources can be included in the environmental; demographic and psychological - the basis of social and others. Therefore, there is some dissonance regarding the proposed methods.		
4	Yu.A. Vedenin and EA Kotlyarov (1982)	Recreational resources and recreational needs.
5	O.P. Dudkina (2005)	Demand and supply.
Our view: all these components have their place in the RTD, depending on the purpose of the study. It is strictly forbidden to neglect at least one of them. Overall conclusion: it is important to analyze and group existing RTD cycles.		

In the study of modern recreational and tourist demands of the population, an important component is the state of the social sphere of the study region. Social factors are significantly determined by the state of man in society, his professional status, living conditions. In fact, they form a "portrait" of the modern vacationer and tourist. However, today in Ukraine there is no region that is not characterized by external labor migration, or departure for temporary or permanent residence abroad. This primarily applies to the active part of the population, whose age category covers 18-50 years. Migrants compensate for their absence from the family with material and financial transfers for their relatives. This situation is twofold: the first is positive: it is material and financial assistance to family members, which helps to improve their living standards, provides an opportunity to receive paid services, and to realize the desire to organize holidays both at home and abroad. At the same time there is a point of comparison - where it is better to rest and whether nostalgia for the

native environment is formed. Another is negative: the cohort of temporary migrants is separated from their homeland and, among other factors, she cannot feel the peculiarity of resting at home.

The growth of the population of cities leads to intensive recreation and tourism in them, this is one of the phenomena of RTD, which takes place today in society. In rural areas, due to the constant employment of the population, this type of activity is not so active. Villagers carry out recreational and tourist activities within their district, region, which contributes to the development of RTP.

Table 3

Duration of rest

№	Duration of rest	Characteristics
1	Short-term	Rest and recovery of physical strength. Carried out within the settlement, city or suburb. The main activities are visiting theaters and cinemas, walking, recreation in park areas, recreation outside the village in forest areas (recreational ecosystems).
2	Medium-term	Provides recreational activities and spa treatment and disease prevention, and recreation is targeted. At the same time use natural recreational resources and conditions. Population relocation takes place within a region, region or country for the purpose of sanatorium treatment.
3	Long-term	break from work, dismissal from work. Dominated in this case, spa treatment, disease prevention. Relocation can take place both within the region and within the country, as well as abroad.
Predominant types of recreation		
4	Short-term.	Internal recreation is a recreational activity of a person outside his permanent place of residence within a region or country. Border recreation is a recreational activity of people living in border areas for the purpose of recreation in a specially designated area for a period not exceeding 24 hours
5	Medium-term	Internal recreation is a recreational activity of a person outside his / her permanent place of residence within a region or country. Foreign recreation (entry) is a recreational activity of non-residents in a specially designated area within the country of which they are not citizens.
6	Long-term	Foreign recreation (entry) is a recreational activity of non-residents in a specially designated area within the country of which they are not citizens. Foreign recreation (exit) is a recreational activity of persons-residents of the country within the specially designated areas of the region and the country outside the country of origin and their environment.

Recreational and tourist cycles

I. RTC, taking into account natural conditions and natural resources
1) water; 2) active and health; 3) hunting and fishing; 4) entertaining; 5) ecological; 6) mountaineering; 7) medical and spa; 8) adventure; 9) sports; 10) exotic.
II. RTC, taking into account historical and cultural resources and objects
11) cultural and historical; 12) pilgrimage; 13) ethnographic; 14) festival and congress.
III. RTC, taking into account socio-economic resources and facilities
15) commercial and business; 16) congress.
IV. RTC, taking into account the time factor
17) daily (walking, water treatments, exercise, reading, watching TV, self-education); 18) holiday (active health, sports, resort, cultural and historical), 19) seasonal (sports tourism, sports games and exercises, excursions, fishing and hunting); 20) Life (mobile water activities, sports tourism, sports games and exercises, excursion, fishing and hunting, entertainment cycle).
V. Mall, taking into account the territorial factor
21) recreation within the place of permanent residence; 22) suburban recreation; 23) local recreation; 24) long-distance recreation.
VI. Shopping malls that take into account recreational and tourist activities
25) physical recreation (sports, physical culture, walking, swimming, bathing); 26) hobbies or hobbies (hunting, picking berries, mushrooms, gardening, photography, art, dancing, etc.); 27) spectacular recreation (cinemas, clubs, circuses, theaters, other leisure facilities); 28) worldview recreation (reading literature, watching TV programs, receiving additional education, excursion activities); 29) recreation by interests (holidays, role-playing games, reconstructions); 30) complex recreation (physical, hobby, entertainment, interests, worldview)
VII. Shopping malls that take into account the form of organization of recreational and tourist activities
31) Organized (receipt of clearly defined terms of service of a range of recreational services, the provision of which is organized by intermediary firms as the passage of a pre-designed route and prepaid by vacationers. Examples are excursions, ecological tour, educational tour);
32) Unorganized (vacationers carry out their activities on the principles of amateur and self-service: hiking, going to a suburban recreational area for a picnic, visiting interesting recreational facilities and places.)

For the average worker, his life and work consists of working and leisure time. The main aspects of leisure time are the presence of those components of RTP, which can and will form RTD. These are the availability of recreation areas and transport accessibility to unique natural and anthropogenic objects that are tourist attractions and integral functions of the recreational and tourist cycle. In other words, these are activities that can be repeated over a

period of time, depending on the needs of the subject of recreation and tourism, his material wealth, health status, and so on.

The next component of the recreational and tourist cycle is a person's personal attitude to rest and learning about their homeland. It is formed by the need for entertainment, knowledge of the world, aesthetic potential, mental behavior, etc. The duration of rest can be short-term (1-2 days), medium-term (up to 7 days), long-term (more than 7 days) (Table 3).

Recreational and tourist cycles are aimed at highlighting the main issues that are embedded in the recreation program of vacationers and tourists. This is the satisfaction of recreational and tourist needs, needs and rational organization of recreational activities. To fully understand these provisions, we offer components of recreational and tourist cycles, which is actually aimed at these issues (Table 4).

Conclusions. The phrase "as many tourists as there will be different goals for their journey" today reflects the realities of the RTP. It is not realistic to achieve a single classification scheme at the moment. Therefore, we use the basic scientific and methodological principles that are adapted to the present time. At the same time, we do not diminish the role of Internet resources used by various segments of the population. Such methods of transmitting information through the world information system as a) recording "thoughts out loud" (collecting all opinions during excursions, various types of recreation), b) "focus groups" (surveys), c) "heuristic research" (recording information by everyone respondent - tourist or vacationer) are often combined and create a single selective information recreational and tourist field, which provides services on the geographical region, RTP in it.

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