

FORMING AN INTEREST IN PRACTICING TOURISM ACTIVITY FOR THE PURPOSE OF RECREATION AND WELL-BEING OF TEENAGERS IN A PRESENT-DAY ENVIRONMENT

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Summary

The objective of this paper is to prove the hypothesis: an interest in practicing recreational tourism is forming by raising awareness of needs, teaching of vacation travel philosophy, and specific pedagogical approaches at summer recreational camp (SRC) for recreation and well-being; should consider psychological and physical peculiarities of teenagers: teenager as phase of development of intersubjective interaction (competition, compromise, cooperation, adjustment, avoidance) differ in motivation (interests of individuals and interests of group); contentment of tourism activity in terms of SRC will be reached in case of balancing its individual and group needs. In the process of forming the interest in tourism activity in terms of SRC, it is expected to achieve an outcome when the combined knowledge (about becoming more self-aware and the world by means of tourism), sport and recreational activity and satisfaction of its results. In today's unstable and crisis situation, society should care for giving children the opportunity to have a quality recreational time, particularly in terms of activity at SRC.

Keywords: summer recreational camp (SRC), vacation travel philosophy

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1. Introduction

Uncertain political, socio-economic, and environmental conditions in Ukraine and rest of the world, brings in a feeling of protesting and resisting, rejecting and detaching, an extreme self-reliance, neglecting of taking reasonable care for own health, causing a lack of self-awareness and self-realization. These are exactly for the reasons of necessity of providing physical and valeological education in terms of recreational activity as a complex, intersubjective, as well as personally and socially driven physical activity. One of the ways to perform such an exercise is tourism activity in terms of SRC.

Educational novelty of the exact problem is to determine causes and consequences of lower interest rates among minors, regarding to tourism, and reasoning of the ways and means of its discrediting. Specifying this, we mean that due to the lack of factual desire among minors, which should be grounded on the basis of self-actualization approach, valeological culture of a person and social competence. (Hence due to the lack of the factual desire of minors, the process itself, should be grounded on the basis of self-actualization approach, valeological culture of a person and social competence.)

The **objective** of the paper is to reveal and establish the ways and means of forming an interest in practicing recreational tourism among teenagers in present-day surroundings. Within the specified objective it is considered to accomplish following **tasks**:

- reveal modern environment for recreational activities among teenagers at SRC;

- establish the aspect and value of tourism activity to improve personal development of teenagers;
- rebuild the process of forming a positive attitude for tourism activity among teenagers in terms of SRC.

The **methodology basis** of the research includes the concepts of the vacation travel philosophy and pedagogics, along with the teachings of personally-oriented approach, and valeological education. In order to define the efficiency of applying the methodology basis, regarding to the vacation travel philosophy and pedagogics, in the process of forming an interest in tourist activity in terms of SRC, we established valid hypothesis, theoretical and empirical methods, combination of research methods, which represents the working process with factual material.

The working concept of our research is built upon on the belief system, which can be found in a complex of connections of cause and consequence as to the consistency of the process, pertaining to forming an interest in tourist activity among teenagers in terms of SRC:

- it is necessary to consider psycho pedagogical aspects of the problem, that is psycho-physiological peculiarities of teenagers, argumentation of developing of the interest in tourist activity by means of awareness of one's needs, together with teachings about the philosophy and pedagogics of vacation travel; create a proper educational environment of SRC accordingly to the requirements of the regulatory records, which manage the process of similar out-of-school institutions;
- the problem of forming up an interest in tourist activity in terms of SRC can be resolved in union and contradicted interaction of personal and individual along with group motivations. Expected outcome in the process of forming the interest in tourist activity among teenagers in terms of SRC, is in union of knowledge (abilities to know the self and the world by means of tourism), sport and wellness tourist activity and satisfaction of its results. Besides, we have to remind ourselves that:
 - the phase of teenagers encompasses a personal and an individual dominance over group;
 - different forms of intersubjective communication (competition, compromise, cooperation, adjusting, avoiding) are modified on the basis of a leading motive (individual or group interest);
 - a pleasant feeling from the tourist activity in terms of SRC will be achieved under certain conditions of maintaining balance between its individual and group needs.

2. Present-day surroundings for recreation and well-being

In the whole world, teachers and other professionals in the educational field and humanitarian practice are looking for means to resist the civilizational challenges of a present-day. One of the most powerful challenges of today is a coronavirus pandemic (COVID-19), caused by SARS-CoV-2.

Senior Fellow of the Center for Universal Education at the Brookings, Rebecca Winthrop in her report dated March 31, 2020 "COVID-19 and school closures: What can countries learn from past emergencies?" (*Winthrop, 2020*). In her opinion, mobile learning spreads life-saving health-related messages to the public. The United Nations Educational Scientific and Cultural Organization (UNESCO) is observing the impact of the pandemic on education. COVID-19 as of March 30, they estimated that 87 percent of the world's students – that's 1.5 billion learners – have been affected by school closures. The extent of these students are enrolled in primary and secondary schools, but there are also millions of students affected at the pre-primary and higher education levels. More than 180 countries have shut school doors

nationwide, while others have implemented localized school closures. In emergencies community, the lessons and good practices are delivered in almost any case, where the education process is disrupted for a protracted period of time. Particularly, Rebecca Winthrop suggests the idea of mobile education to address the importance of life-saving messages to the public. Educational activities can provide a routine that gives young people a sense of stability amid rapid change. This is a meaningful process of helping children to progress and adjust to their uncertain external environment, as a consequence to develop new skills to be able to deal with during these times. The safety and public health related information is usually shared through education activities, and as it was mentioned above, can demystify the crisis and help children feel more in control of their environment. During long-term crisis, education on the other hand, gives hope for a better future, as a great aspect of supporting natural resilience. In order to bring in these benefits, however, it is essential that education activities are safe, appropriate, and inclusive. There is a spectrum of possible ways to make school systems stronger due to COVID-19 crisis (*Winthrop, 2020*).

Achieving the objective of recreation and well-being for children in terms of SRC, and by means of organizing and maintaining tourist activity, may be combined with advancing a valeology education. This is exactly how mobile education of summer recreational camps is going to be exercised in favor of spreading a vital knowledge how to avoid the danger of getting sick during pandemic times.

Today Ukraine is solving a problem of incorruptible learning and educational process in regard to in and out schooling. Besides, in cooperation with government institutions along with science teachers and practitioners, the decision was made to reopen summer recreational camps on August 1, 2020. However, the decision was made in favour of parts with lowest COVID-19 rates only. The regional state administrations reached such a decision accordingly to articles 6, 23 Law of Ukraine “On Local State Administrations”, Law of Ukraine “On recreation and well-being of children”, by authorization of Prime Minister of Ukraine since 28.05.2020 № 20002/1/1-20 addressing the Ministry of Social Politics of Ukraine since 14.05.2020 № 6842/0/2-20-29 on asserting the rights of organizing recreational and well-being development of children in 2020, by the authority of Ministry of Social Politics of Ukraine since 09.06.2020 № 390 “On development and validation of events planned for children’s well-being and recreation in 2020”, etc. Fulfilling the objective for children’s well-being and recreation in summer of 2020 and quality control pertaining to children’s recreational institutions by means of sticking to temporary instructions, for the purpose of anti pandemic measure at children’s recreational institutions, and creating a proper learning environment.

3. Tourist activity: its purpose and value

In terms of SRC tourist activity aims to combine recreation, health improvement, increasing of physical activity, fulfillment the need of being active, forming a mindful attitude towards own health, mindfulness of responsibility to stay healthy, solving other accompanying problems such as aesthetic, moral, self-perception through the lens of gender, ditching the bad habits, opportunity for self-realization, self-identity, self-actualization, etc.

By means and methods, health-improving physical culture differs from simply physical education, because not all the exercises are healthy, but only those which are directed to develop physical qualities and factors, therefore bringing about health, as a state of balance of the human body in relation to its environment, when physical, mental and other capabilities of a personality arrive fully and easily, providing the intensity of functioning, preserving the

distinctiveness of the organism, its efficiency, adaptation to the natural and social environment that is constantly changing.

The process of forming an interest for tourist activity among teenagers, in our opinion, is going to be successful, when the objective of education coincides with the objective for self-education. The goals determine to find the path, choosing proper tourist activity, where the goal shows how strong a teenager's intentions are to walk a chosen path.

4. The process of forming an interest in tourist activity among teenagers in terms of summer recreational camp

Forming an interest for physical exercising and particularly tourist activity in terms of SRC is a complex, structural-semantic aspect.

The fundamental basis in the process of forming an interest in tourist activity among teenagers in terms of SRC is to understand the meaning of the "interest" and "process of forming an interest for tourist activity", using methodological approach and theoretical framework of the forming the interest mentioned above, defining the objective and its task for tourist activity in terms of SRC and its ways and means of achievement, disclosing the applicable pedagogical preparations, forms, and methods at SRC, gender-related peculiarities of teenagers as the object of pedagogical cooperation, founding the subjects of educational impact on teenagers in the process of forming an interest in tourist activity in the terms of SRC, roles within family and school as to physical education for teenagers, the main factors in the formation of an interest in tourist activity, validation of stable interest in tourism as the outcome of its forming process in terms of SRC. Let's consider some of the above individually.

The principal definition of the concept "interest" is the idea of individual objective and need in tourist activity. Fulfilling these elements for a teenager personally, allows to create a new psychological pattern in the form of a long-term interest in tourist activity, arrived at through its forming process in terms of SRC.

The fundamental of the process of forming an interest in tourist activity among teenagers in terms of SRC lies in a process of pedagogical interaction with an individual participating in it: "teacher/instructor/coach – teenager", "teenager – teenager". Pedagogical interaction as a determinant principle of educational process, whereas tourist activity in terms of SRC – is a mutual activity, which is based on habit-forming abilities through learning and practicing of health behavior principles and standards.

Forming an interest in tourist activity, a teacher/instructor/coach should start with learning theory research. First and foremost, the analysis of the psychology of the interest should be studied together with children: 1) defining the need for tourist activity (as a result of mindfulness of necessity for move, travel, change of view, physical activity, self-awareness and self-improvement), personal development/self-development, forming up stable physical qualities, other needs and feelings; 2) search of means to satisfy this need; 3) defining the objective; 4) deciding to choose and follow the path of the tourist activity; 5) gaining a result as a reward; 6) feeling satisfied of the tourist activity, as a satisfaction of a strong need for this kind of activity.

Forming an interest for tourist activity in terms of SRC – is one of the complex processes of self-motivation skills. With these means we should differentiate intrinsic and extrinsic motivation.

However, it doesn't matter how strong the extrinsic motivation might be, but the interest occurs only as a result of intrinsic motivation. Though, it might only occur when the extrinsic motives and goals coincide with the capabilities of a teenager along with being optimal (nor

too difficult nor too easy), meanwhile, feeling of responsibility which is a must for a teenager in order to succeed. Successful realization of motives and goals inspires teenagers for further success, evoking willingness to go on, while demonstrating their own initiative. This is the process of intrinsic motivation and developing teenagers interest in a tourist activity. Intrinsic motivation may also arise naturally from within a teenager, because altogether – the process, the environment of the classes, relationships with teacher/instructor/coach and other members of the team are naturally satisfying.

Satisfying the interest doesn't lead to its disappearance, on the contrary, it is constantly changing, developing, becoming deeper and versatile. Being interested is extremely important in a tourist activity: makes the process of learning easier, encourages practice will-power, helps to develop patience, persistence and perseverance.

There are several negative aspects in the process of forming an interest in tourist activity among teenagers in regarding to SRC, such as:

- deficiency in tourism infrastructure and tourism development;
- contradiction between the theoretical knowledge about the benefits of physical activity and the regular practice of the activity;
- poor level of taking responsibility for own health;
- immature of will power and emotional intelligence;
- poor time management skills.

We should remember for the sake of steady interest in the activity a teacher/instructor/coach should gain profound knowledge in the field of motivation and inspiration for teenagers in general, and especially in relation to different degrees of motivation, like: 1) socially important (to be healthy, ready for work, ready to deploy); 2) educational (master new skills and gain knowledge), 3) resultative (achieve particular result, fulfill a certain standard, perform well in a competition, health-improvement, body exercise, etc); 4) process of motivation (enjoying the process on the way to success); 5) praise (receiving praise from adults and friends, for self esteem improvement). Every of mentioned above, as Rybalko P. noted (*Rybalko, 2011*) is tightly connected with one another. Thus, the process of tourist activity gives a teenager a perspective of gaining something, quality of a champion, sense of team building, achieving high results, communication with peers and adults (teacher/instructor/coach), etc.

Eventually, need or desire leads to an action, whereas a motivation directs to a certain activity and fulfilling the desire in a particular way, giving this activity a direction and keeping a teenager coordinated. The motivation allows us to understand why these objectives were set, resulting in developing a strong willingness to succeed. It is typical for every teenager to have plenty of driven energy as concerning physical activity, thus it's necessary to realize what is all about.

Having a need for tourist activity is an impulsive, guiding and regulating factor of teenage behavior. This is the need to be active, communicative, connected, and spend quality time with friends, playing, having fun, along with self-esteem, enhancing self-awareness, sense of comfort and well-being. All the needs mentioned above, are emotionally driven, which give pleasant or unpleasant, satisfying and unsatisfying sense of being in the process of tourist activity. Teachers of physical education in terms of SRC should always remember teachings of personality-oriented approach to education: teenagers choose the activity which meets their needs (for communication, spending quality time, playing, emotional activities, boosting self-esteem, etc) at the same time experiencing positive emotions.

Teenagers will benefit from tourist activity, when all of the contradictory aspects between tasks of physical education and individual skills are eliminated, together with all of the personal needs and actual capacities for its achievement.

Raising of a recognition and motivational attitude of teenagers for tourist activity will be obvious when teachers of physical education at SRC meet all the means and technologies of every teenager, gender and age specific, as well as social-demographic individual peculiarities.

The process of forming a willingness for tourist activity should be individually-oriented in its form and function, where there is no place for forcing, neither pressuring, nor punishment.

Personality-oriented approach is of a dialogical nature, collective (teenager and adult) problem-solving strategy in order to improve skills in physical education. As for an adult individual (teacher /instructor/coach) who carries out student-teacher interaction in order to create an interest in tourism, it is advised to have the appropriate knowledge and techniques to achieve this goal.

5. Conclusions

In today's times of crisis, it is necessary to provide our children and young people with the access quality time, associated with recreation and general well-being, specifically in tourism activities in the terms of SRC.

The basis of the process of forming an interest among teenagers in these activities is defined in regulatory documents regarding on physical, health-improving education in a modern Ukraine and the world; the humanistic theory of teaching and learning, personality-oriented education; a vacation travel philosophy and pedagogics, which main ideas are freedom, creativity, willingness (interest) and mutual interaction, valeological recommendations as an integral science (on the fundamental laws of spiritual, mental and physical health as for both, an individual and society), the main purpose of which is to create a healthy lifestyle for a child, ability to prevent, but to be ready to the worst, an suitable reaction and psycho-physical recovery to sum up. The **prospect** of further research on the problem is to clarify professionally oriented research of tourism aspects in terms of SRC.

References

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