

## INTEGRATION OF PHYSICAL AND SPIRITUAL RECREATION OF YOUTH IN THE SOCIO-EDUCATIONAL ANIMATION

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**Annotation.** Purpose - to reveal the possibilities of physical and spiritual recreation by combining them in the process of socio-educational animation. It examines the conceptual apparatus, which is the basis of development of methodology for the study of the recreational potential of the animation. Investigated the social and educational value of the integration of physical and spiritual recreation during the implementation of the animation activity among young people. The paper summarizes the current trends of social and pedagogical aspects of physical recreation. We consider the interpretation of the essence of the animation, which is to enhance the personality of its involvement in activities account recreational and educational opportunities animation. Defended the idea that the physical recovery - the basis of social optimism and social creativity. Settles integrated approach to social and educational animations to enhance the physical and social activity of the young man, the prevention of social passivity. Provides advanced methods and forms of recreation during the implementation of the animation business. It is proposed to use intensively games, theatrical performances, tourist travel, sports event.

**Keywords:** recreation, physical recreation, youth, animation, social, educational animation, integration.

### Introduction

As far as tensed, dynamic life activity of modern people puts forward new requirements to compensation and recreation of the lost physical, psychic and mental forces, new effective mechanisms of replenishment and improvement of required personal and social human potential shall be developed. The absence of personality's recreation system can result in both: losing of health, psychic disorders and social aberrations. Nowadays, complex process, which in wide sense is called recreation, must be scientifically grounded and organized, considering interdisciplinary approach. Recreation is substantially researched in different scientific branches (theory of physical culture, recreology, balneology, social psychology, culturology, medicine and so on). At the same time, it is worth to pay attention to a certain spectrum of pedagogical, in particular social-pedagogical aspects of recreation's organization and formation of human's responsible attitude to physical and mental self-perfection. It is known, for example, that physical education is an integral component of harmonic development of personality, but responsible attitude to own health as to social value is formed in the process of social education, in particular including recreational measures. Image of correct labor and leisure modes, in particular to achieve effective physical recreation, must have been being embedded since childhood, in the process of labor education, but to day such phenomena as "office syndrome", workaholism" are widely spread and they result in professional deformations and addictive behavior, prevention from which is the task of social-pedagogic activity.

Even several examples make to find contact points of recreation, as many side phenomenon, with social pedagogic, which is responsible for social development of social subjects. So, in certain conditions integration of physical and mental recreation can become the necessary tool of personality's self-development, of overcoming social troubles, mean of prevention from and corrections of deviations in social environment. It is undoubted that such difficult task must be solved with innovative means, which include social-pedagogic animation.

The present work has been fulfilled as per topic plan of scientific & research works of social pedagogic department of Kharkiv state academy of culture.

### Purpose, tasks of the work, material and methods

*The purpose of the work* is determination of ways to integrating of physical and mental aspects of recreational process and social pedagogic animation, which is a mechanism of personality's recreation's activation and facilitates development of contemporary youth's reasonable attitude to own health and social activity, promotes overcoming of social troubles, connected with this age category. In this connection the following tasks have been formulated:

1. Study of scientific sources, concerning recreational problems, animation activity with youth, social pedagogic as a scientific branch;
2. Description of social-pedagogic animation's specificity as a mechanism of integrating of physical and social perfection of personality;
3. Determination of main directions of integration of physical and mental recreation in the process of social-pedagogical animation activity;

In order to achieve the purpose and to solve the tasks we used results of researches of scientists in different scientific branches, monographs, publications, analysis of literature sources, own researches of the problems of recreational potential of animation activity and the results of social pedagogic activity with youth with application of animation means.

### Results of the researches

The idea that personality must recreate and harmonically develop on this base is undoubted. Affirmation that person, as a bio-psycho-social being, can not recreate and self-perfect by parts is also appropriate. That is why individual needs recreation as a complex process, which includes physical, psychological and social components. Concept "recreation" (from Latin "recreatio") is regarded in context of different scientific researches [1, 4, 7, 8, 10, 14] and in generalized state, concerning personality, it means the process of replenishment of physical, intellectual and emotional forces. It should be noted that exactly such comprehensive approach works in social-pedagogic aspect, because, if a person combines physical and mental recreation, his (her) life activity is harmonious and oriented on further social self-realization.

Recreation has its roots in the sources of person's self consciousness as a social being, which must perfect physically, be able to fulfill uneasy work and recreate after it. Since ancient time recreation elements have been being a part of rituals, festivals, ceremonies, which became the elements of social education. The apogee, in this sense, was epoch of Antiquity, when integrity of physical perfection and mental level of free citizens took the first place in the process of harmonization of human existence. Exactly this period is an evidence of the fact that there is no sense in dividing of these processes. We can add that exactly in antiquity time, in conditions of democratization of social relations, the system of social education activated and wide sphere of leisure (thermae, Olympic Games, theater festivals and so on) was a component of it.

The researchers of physical recreation [4, 7, 8, 14] give their functions (medical-biological, social-educative, social-economical) that make possible to deepen its understanding as the base of mental-social personality's development. An important characteristic of recreation process is satisfaction of personality's demands in changing of kinds of activity, active rest; person enjoys motion activity. Such motivation-emotional aspect of recreation connects it with animation, in particular in the sphere of leisure.

Analyzing foreign models of leisure, V. Dulikov attracts attention to the fact that "in foreign knowledge of leisure two main concepts are used: "leisure" and "recreation". With it concept "leisure" has mainly commercial-entertainment sense, while concept "recreation" has social sense, i.e. non commercial character and is oriented on socially valuable aims"[6]. We support the idea of the author, which permits to regard the process of recreation in wide aspect and reveal its social-pedagogic value.

M. Garanin marks out recreational animation as separate direction of tourism and determines it as a branch of leisure activity, which is oriented on recreation of mental and physical forces of a person [5]. With such understanding recreation is regarded rather limited, but nevertheless, there is connection between possibilities of physical and mental potential' activation of a person.

V. Kirsanov, developing functional model of leisure as an object of pedagogic diagnostics, supports the idea about its marking out as the main recreational function of leisure, because from the point of view of production, recreation is a reproduction of a person as a working resource; from the point of view of separate individual – promotion of rest, health improvement, realization of personal demands and interests [9, pg. 43]. Author attracts attention to the fact that recreational problems are studied in the context of such branches of medicine and psychology as psycho-hygiene (concerning labor, study, mental activity), art therapy (music therapy, choreo-therapy, biblio-therapy, color-therapy) natural therapy (phyto-therapy, talasso-therapy, crystal-therapy, aroma therapy). In contrast to therapy, recreation practice has aim to optimize natural mode of human life in social, cultural, economical and political aspects, because it determines person's self-feeling and workability [9, pg. 52]. Thus, integration of personality's recreation components, in particular in physical and mental contexts is underlined.

Modern social pedagogic searches the ways of personality's individual and social development harmonization with society and that is why pays special attention to responsibility of the person for his (her) own physical and social development, which is a component of general development of nation. The search of integration mechanisms leads to new phenomenon in modern social pedagogic – animation activity. We shall use concept "animation" (from Latin "animation" – revival), which means the process, connected with activation and humanization of social life in all its variety, stimulation of personality to self-development through different kinds of activity, particularly through motion, playing, art. Before characterizing main directions of its realization we consider it would be necessary to render own scientific position concerning the essence of social-pedagogic animation and its connection with recreation.

Traditionally it is considered that animation "was born" in leisure, i.e. in activity during free time, which was oriented on satisfaction of personality's demands. The main signs of leisure are voluntary choice, absence of strict regulation, value of the chosen activity. From the main functions of leisure activity, videlicet, entertaining, developing, recreational the latter is an object of our analysis. That is, obvious connection of animation, as a branch of leisure, and recreation, as its function.

Leisure includes different kinds of self-realization, which (in incomplete list) we shall call in the order of ascending personality's social activity in this process: reading, cinema going, computer games, discotheque, collecting, journeys, tourism, sports, amateur arts, volunteering. It can be seen that in certain scope, recreational potential is present nearly in every kind of leisure and social-educative orientation can be different by its intensity. So, in social-pedagogic aspect combination of animation and recreation will have socially positive character.

Leading Ukrainian social pedagogues (I.Zvereva, O.Bezpalko) in researching social-pedagogic activity, particularly in territorial communities, affirm the necessity of animations' implementation. I. Zvereva offers to apply animation (social) as a kind of social pedagogue's activity in cultural-leisure direction (together with organization of family-neighbours' centers, cultural educative work at the place of residence, physical culture – health improving rest)

[16]. In our opinion social animation covers more problems than leisure, but health improving rest is recreational by its essence. As far as every personality shall be responsible for own physical and psychic state, possibility to interact with other people in the sphere of recreation, high social importance of recreational process permits to regard it as a sphere of animation activity's application in social-pedagogic aspect.

We think it is necessary to determine age peculiarities and specificity of social development of youth, which influence on the level and quality of recreation. Traditionally youth is defined by age signs. They are citizens of Ukraine of the age from 15 to 28 years old (as per terminology of Organization of United Nations and World Health Protection organization – person of the age from 15 to 24 years old) [12, pg. 149]. We provide, in our opinion, the most complete definition, which reflects essential characteristics of youth. Youth is “social-demographic group, which is distinguished by a combination of age characteristics, peculiarities of social status and by social-psychological features, which are conditioned by the first and the second. Young age, as certain phase, as a stage of life cycle – is biologically universal, but its age limits and connected with it social-psychological features have social historical origin and depend on social system, culture, laws of socialization, which are intrinsic to certain society” [17, pg. 32]. It is obvious that youth is characterized not only by biological and age signs, but also by social potential, which can be realized by young people, by activation of social development and professional self-determination. Exactly young people, in our opinion, have desire to make life more variable, to manifest physical activity, to be joint to new cultural values, to render positive influence on other people. All these possibilities can be realized through recreation in the process of animation activity.

At the same time it is necessary to consider actualizing of youth's problems: losing of ideals, life optimism, increase of anxiety that is connected with reduction of level and life quality in society; unequal opportunities in obtaining education; increase of unemployment among youth; significant economical dependence on parents; crisis phenomena in marriage-family relations (high level of divorces, family conflicts, limited opportunities for improvement of residential conditions); low level of general culture of young people, insufficient state of health, increase of social aberrations' level (crimes, alcoholism, drug-dependence, prostitution) [3, pg. 81]. So, organization of youth's life activity through integration of physical and mental recreation shall consider possibility of overcoming of youth's problems through self activation and organization of animation as mechanism of positive pro-social potential's awakening.

Animation as social pedagogic phenomenon has own characteristics – promotion of interaction, revival, consolidating character, manifestation of motivated subjective personality, revelation of hidden positive potential, direct participation of a person, stimulation of initiative and activity. In the sphere of leisure own specificity is added to the above mentioned, and it is conditioned by the specificity of this sphere: free choice of activity, value of this activity, absence of strict regulation, realization of all functions, in particular recreational, in complex.

Basing on the above said we can affirm that at the present stage “animation activity” has come out of the limits of leisure, and it permits it to obtain new features, which, in particular, concern recreational function of leisure.

We support the idea that animation is an indicator of quality of social being – sound, revived, creative, but without physical, psychic, mental health social development will not be complete.

So, social-pedagogic animation is a direction of social-pedagogic activity, which has aim to awaken, revive and activate (resulted in self-activation) purely human essential physical and mental potentials of social subjects, and as a result, their inspiration for productive social life, social activity and harmonization of social relations, in particular, social self-education. In our opinion, such interpretation, envisages combination of physical and mental recreations, that conditions organization of activity, considering the following ideas.

The first – realization of social-pedagogic animation is carried out in compliance with the essence of social pedagogic as science (social development of social subjects, introducing in society, pedagogic character of environment), but undoubtedly considering specificity of personality's development as bio-psycho-social being, who requires recreation.

The second, social-pedagogic animation is transposed with general peculiarities of social-pedagogical activity (its object is a human being during all life, realization is carried out in different spheres of social reality, it has advanced character, promotes creating social-educative mechanism, that conditions social self-development) but to a certain extent priority belongs to recreational tasks (for example when there is a threat to lose health, or there is necessity of complex rehabilitation with recreation as its leading element).

The third – specificity of social-pedagogic animation's fulfillment considers peculiarities of the sphere, in which it is realized (leisure, production, education etc.), but the presence of recreational component conditions the choice of its implementation's forms.

The fourth – the main demand of animation's realization is observation of leading signs and principles: direct participation of social subjects, active position of participants, emotional-creative orientation, respect to every personality, empathy and acceptance, positive enthusiasm, orientation on perfection of social space of different levels and other, which, in general, will facilitate realization of recreational component.

The fifth – during realization of animation in the sphere of leisure the qualitative characteristics of the latter (voluntary character, interest, recreation orientation, entertaining character) are considered as well as possibility of realization mainly in active group work with social subjects; as far as main principle of recreation as compensating sphere is alternating of different kinds of activity, then during creating of social-pedagogical animation programs this task shall be considered.

The given above scientific items permit to combine physical and mental recreations in one integrity, that will be expressed in appropriate forms of realization. The main for social-pedagogical animation is its aim, which shall be directed to realization of social education tasks, specifically, development of health culture, formation of healthy life style, prevention from social aberrations, from addictive behavior and so on.

So, if for physical recreation it is important to provide animation through motion, games, physical activity, mobile kinds of art, tourism, and for mental recreation - communication,, assistance, empathy involvement, social optimism than integration gives possibility to use combined forms of social pedagogical animation: social quest, active tourist routes, sports-entertaining contests, theatrelizing of insufficient motion activity's problems, flesh-mobs oriented on popularizing of physical culture and other.

#### **Summary**

1. Physical and mental recreation can be integrated during planning and realization of social-pedagogical animation as a direction of social-pedagogic activity. Such integration will make possible intensification of further personal and social development of youth.

2. Social-pedagogic animation – direction of social pedagogical activity, whose aim is revival, awakening and activation (self-activation as a result), of purely human essential physical and mental potentials of social subjects, which will result in inspiration of fruitful social life, social creativity, harmonization of social relations and social education in particular. Such interpretation implies combination of physical and mental recreation.

3. In the process of animation activity's fulfillment complex methods of activation of contemporary youth for physical activity and social creativity are used. Non-forced character of animation shall motivate representatives of new generation for responsible attitude towards own physical health as basic element of fruitful personal and social development. Because who stake on youth's health take care of the health of society.

*The prospects of the researches* are further development of methodological and methodic principles of social-pedagogic animation, considering its recreation opportunities. It is envisaged to develop, to realize and evaluate efficiency of social-pedagogical programs of animation in the sphere of youth's leisure. Particularly, it is stipulated to search strategy of new generation's motivating for activity in social environment in order to achieve health improvement of rising generation and facilitate its physical and mental perfection.

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