

# Recreational Facility as Source of Human Health

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**Abstract:** Recreational facility is an important part of human life. It attracts people as it offers greater pleasure in life. It develops a strong healthy environment for a better life style of public. Various facilities in recreational area are the source of human comforts. This research investigates the important facilities in a recreational center that affects human physical and mental health. These facilities were identified from literature review, discussion with Planners, Architects and Physician and Psychiatrists through unstructured interviews. A detail questionnaire survey was carried out from different age people who visit various recreational facilities in their routine lives. The result concludes that the top three facilities for better physical health are jogging track, gym and fun land however for achieving good mental health, food streets, restaurants and musical zones are the top three important facilities for any recreational facility. This research can be helpful for planner, designer as well as for clients, local Govt. to provides such facilities for a recreational center during planning & designing phase.

**Keywords:** Mental health, Physical health, Recreational Centers, Planners, Pakistan.

## I. INTRODUCTION

Health is considered as top priority by all human being. Healthy people can survive their life in, better fashion. Human being could attract from various facilities natural and artificial, recreational facility is one of them. Too human movement is closely related to quality of life, wellbeing and prosperity [1]. These exercises are commonly related with our standard of, living e.g. amusement and socializing. Urban open administrations are the premise of urban life, such as recreational work out for the consolation and wellbeing of individuals [2]. So also, get to recreational offices relates to physical wellbeing [3-4]. A recreational office is characterized as any office that gives at slightest one physical movement opportunity to a person to lock in in, for illustration weightlifting or yoga [5]. According to Tirodimos et al (2009), a recreational facility is on that can develop healthy behavior. The physical activity engages people to develop their life style, healthy life and show positive effects on work performance [6]. Anokye et al., (2011), concluded that the people who are engaged inactive in physical activities faces various major disease that may cause negative impact on social, psychological and other facets of life [7]. The multitude of chronic health conditions considered as risk factors in human life [8]. Physical activities include indoor games and sports opportunities develop people's health as well as enable people to face the stress caused by other facets of life. The recreational activities bring positive change in human life. People may increase their recreational activities through the walking; the walking is most appropriate and easy way of developing recreation. When people move from one place to another place is known as walking.

In contrast with physical activity, mental activity is also important. People feel relaxation with certain facilities like food, music, shopping etc. Such facilities are the source of human mental health. There could be different facilities that affect human physical and mental health. A recreational facility should contain both facilities so that maximum people can get advantage. People feel satisfied with community with peaceful, fresh and calm geographic locations (Miller, 2003). Residential groups significantly affected by short comings of spatial temperature, lack of planning and other major constraints like outdoor activities may lead to health and wealth issues [9]. According to World Travel & Tourism Council (2003), in the early 21st century the tourism supposed to be an emerging industry with largest return and providing number of employment opportunities towards the globe. Recreational facility is foremost important for the health of residents. It provides mental and physical health to the people. This study has highlighted the importance of recreational facility in the context of human health. The study identifies the various facilities required for a recreational area that has effect on human health. The data is collected from various ages' visitors of recreational facility. The study concludes with top most important facilities of recreational area that greatly affects human health i.e. Mental and Physical. The provision of these facilities will not only attracts the people but can be the sources of their health.

## II. LITERATURE REVIEW

An individual's normal muscle flexibility, structure and strength maintain the physical activity. However mental relaxation has utmost importance in health of human. Recreation is an activity which is done for the enjoyment and it has main factors which relax the person physically and mentally. Green spaces in the area are directly linked with human physical & psychological health. It also improves mental health, mental functioning and wellbeing and may have long lasting mentally benefits. The benefits of physical health activity have been documented, such as it effects on cardio- and cerebro-vascular disease, diabetes, colorectal cancer, osteoporosis, depression and fall-related injuries. Modification of built environment to provide green spaces offers opportunities for "green exercise", such as walking. Several reviews support this view and there is some consensus that 'the built environment can facilitate or constrain physical activity. Baker *et al.*, (2008) stated that the people tend to be more attracted towards physical activities through recreational facilities [5].

Several case studies and examples are based on the psychological and therapeutic effects of leisure and recreation, including approaches by therapeutic recreation, leisure science, and psychological science and related to human health. Travis (1977) described the dimension of wellness or health-promoting lifestyle as self-responsibility, nutrition physical awareness, and stress control [10]. Ardell (1979) refine and expanded those dimensions to self-responsibility, nutritional awareness, stress management physical fitness and environmental sensitivity [11].

Parks are the important part of green spaces. It has become a decisive force in the development of recreational opportunities in many Asian countries like Malaysia and Singapore [12]. Stansfield and Ricket in the 1970 had proposed very first time the concept of Urban Recreational Business Districts (RBD), with the theme of “Seasonal Leisure Street in City”. Various researchers have worked on the concept of RBD and it’s characteristics as development of restaurants, food courts, grocery shops, and novelty beyond the shopping needs of people felt as leisure time to enjoy the healthy recreational facilities [13]. Almost majority of human population feel comfortable in healthy recreational facilities like shopping, visiting hotels, enjoying restaurants’ food, and visiting stores that cause a mood change in human life spending activities [14]. Butler (1991) in addition to all other basic recreational facilities including physical activities also helps people to develop their psychological activities [15]. Pigram (1977) researched that the RBD has also improved the seaside life as recreation of hotels, malls, parks, greenery grounds, retailing and departmental stores near by the sea shores [16]. Jansenverbeke (1991) concluded RBD as a flavor of lavish life spending style with variety of polarization of shopping activities [17]. xThis study highlights the importance of recreational facility on human health i.e. physical & mental. Various recreational parts has direct and indirect link with human attractiveness. Hence a city should have a recreational facility that attracts the people, so their health remains positive. Various researches have been conducted on recreational facility and their design. However this work purely describes the important facility that should be available in any recreational zone to attract the people and play positive role to improve their health.

Table 1: Related studies

S. No.	Authors	Year	Findings
1.	[18]	2014	Found that outdoor recreation can be described with seven dimension: ability, age, gender, race/ethnicity, sexual and gender identity, spirituality and religion and outdoor recreation
2.	[19]	2009	Found that, the geographic information system (GIS) is an indicator framework to evaluate community recreation facilities, and their radiate range.
3.	[7]	2011	Concludes that physically inactivity is a major community health concern as it is related with about 20 health problems includes cancer, heart disease, diabetes and stroke.
4.	[5]	2008	Concludes that, availability of recreational facilities has the potential to attract people to be more physically active.

### III. METHODOLOGY

This study is based on the recreational facility as source of human health including physical and mental health. The aim is to identify the major facilities inside recreational areas that effect on people physical and mental health positively. For this purpose, step by step methodology was adopted. Initially the facilities that are significant for the human healthy were studied from literature. The identified facilities then divided into two parts; physical facilities which effect on human health and mental facilities that effect mental health. After reviewing the literature, the authors conducted unstructured interviews from architect and planners for more facilities to be added. Then after, interviews were conducted with physiatrist to know the impact of identified facilities on human health. Finally a questionnaire was prepared in three different parts. First part was demographic, second was consisting of physical health facilities and the third one includes mental health facilities. The respondents were selected from different age people who visit recreational facilities to know the effectiveness of included facilities in questionnaire. The data was analyzed in SPSS using average index technique. The authenticity of facilities were finally were discussed with the physiatrist, doctors, and relevant experts. Fig. 1 elaborate the working methodology of this research work.

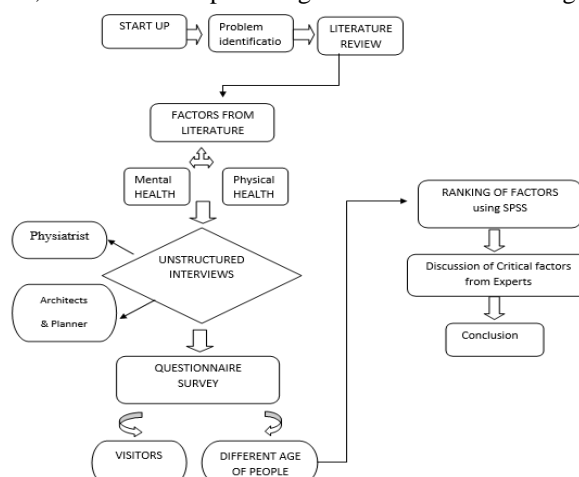


Fig.1: Working methodology of research

#### IV. DATA COLLECTION PROCEDURE AND ANALYSIS

The data was collected through a survey questionnaire with five point Likert scale as: 1 = Not Important (NI); 2 = Slightly Important (SI); 3 = Moderately Important (MI); 4 = Very Important (VI); 5 = Extremely Important (EI). The questionnaire was consisting of two major categories of factor i.e: mental and physical.

Questionnaires were distributed among different age of people. Ninety (90) questionnaires were distributed among the respondents, 60 questionnaires were returned back and were valid for analysis. The fig 2, 3 & 4 described the data of respondents. The levels of significance were assessed with Statistical Software Package SPSS using Average Index (AI) method.

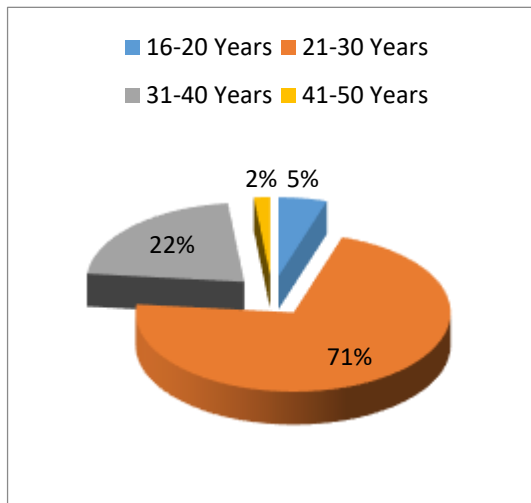


Fig.2: Different age of respondents

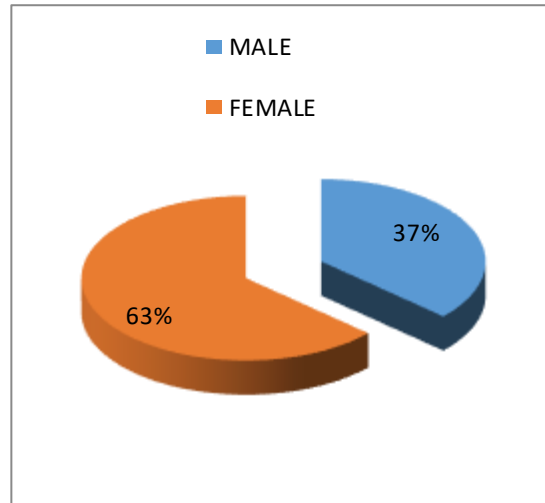


Fig.3: Gender of Respondents

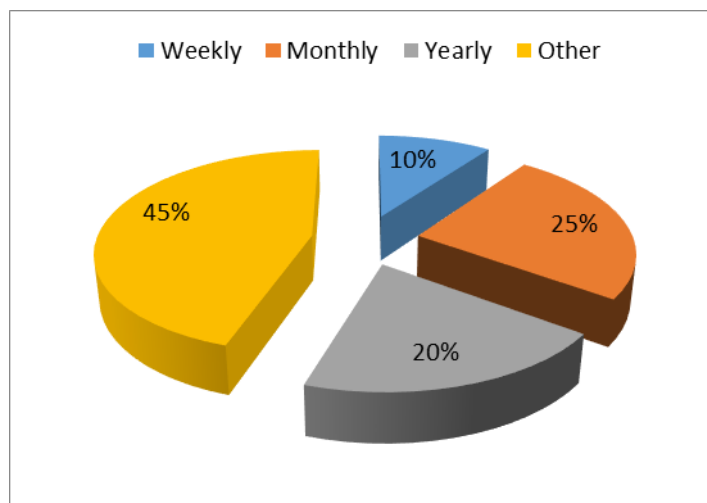


Fig.4: Frequency of visitors

$$AI = (1X1 + 2X2 + 3X3 + 4X4 + 5X5) / (X1 + X2 + X3 + X4 + X5)$$

Where;

X1 = Number of respondents for scale 1

X2 = Number of respondents for scale 2

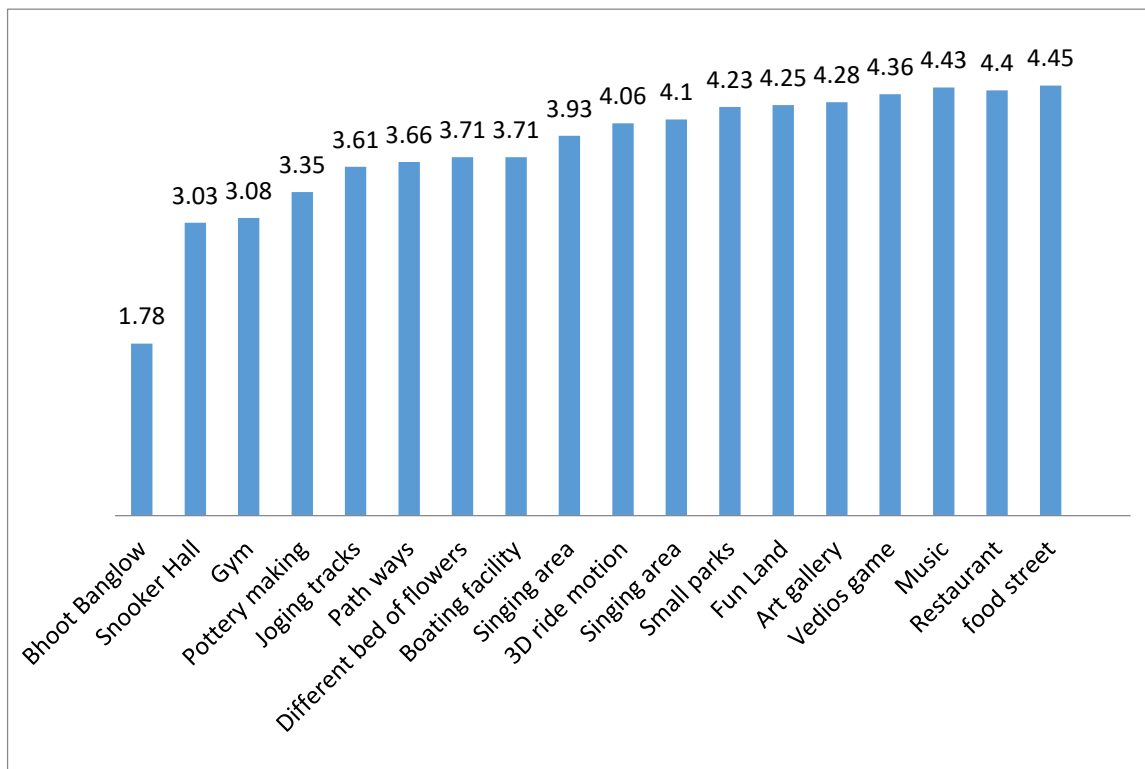
X3 = Number of respondents for scale 3

X4 = Number of respondents for scale 4

X5 = Number of respondents for scale 5

#### V. RESULTS & DISCUSSIONS

This section of the study aims to present the discussion of the study on the basis of results and findings generated from data collected. The results of this study provide a unique insight in the recreational factors as source of human health. The results reveal that the recreational factors are the major contributors in human health. The results demonstrated that the human health is well described by mental and physical soundness. The mental health facilities and physical facilities along with their mean values are described in fig. 5 and fig. 6. The top most important facility for human health in the context of mental health is found to be "Food Street" with 4.45 A.I value. The food street is an immense source of pleasures.



5: Mental Health Facilities and their A.I values

Fig.

This is a place where most of the people enjoy their life. Specially the food lovers, take food street as major part of recreational area. The second important facility found as “Restaurants”. Likewise food street, restaurants are the source of meal. However, most of the people specially families prefer to go in restaurants, as their environment attracts them and take them out from depression and other mental fatigues. Also people prefer to go restaurants to spend time with family. The third important source for mental health is found as “Music”. It is said that, *Music is food for soul*. Most of the people enjoy with music and they feel lot of relaxation with various kind of music. A recreational facility should have a separate unit for music, where every kind of music facility must be available. These three mental health approaches help humans to reduce depression, to relieve stress and improves quality of life including self-esteem, personal and spiritual growth and life satisfaction. These variables help human being to escape from family, work, and relations’ frustration. On the basis of results physical health attributes were found with highest values are, Gyms, small parks and pathways respectively.

Results demonstrate that the routine jogging track, gym & fun land help human beings to overcome the so many serious health issues like obesity, risk of chronic disease such as heart disease, diabetics, cancer and osteoporosis. Physical health boosts immune system and increase life expectancy. For good health, walk is the top most important parameter. Most of the people don’t prefer walk as they don’t have good source of jogging area around. If a recreational area provide such jogging tracks, mostly people would attracts and prefer to visit such parks. Also gym is a good source for rich exercise. Youngster mostly prefer to go at gym for exercises, hence this must be included there. Fun land on the other hand is equally important as this provides multiple opportunities for entertainment and most families visit fun land for being relaxed from their daily hectic schedule. These are top three important facilities as source of physical health. When a park or any recreational area provides such facilities to the society, the people would be more physically fit. This research work encourages to owner of recreational area or Govt. to provide above mentioned facilities so that maximum no. of people could live healthy life.

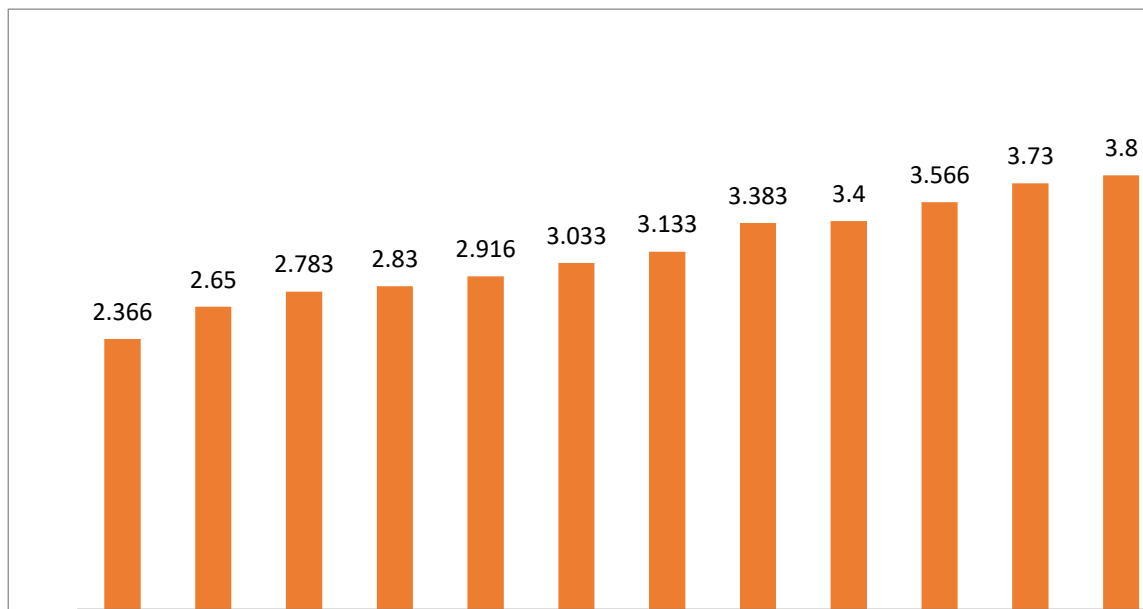


Fig. 6: Physical Health Facilities and their A.I values

## VI. CONCLUSION & FUTURE DIRECTIONS

The results of the study conclude that the mental health and physical health exert positive and significant effect on human health. Furthermore, mental and physical health attributes are great ingredients for human health in which human health is protected from serious diseases as well. Also these results invites local governing bodies should pay attention to generate such type of recreational facilities for human health. Government should take serious actions to reduce pollution. When human feel calm, healthy and sound they prefer to spend their time in recreational areas. Human health requires various recreational facilities to face pollution, health issues, safety and nutrition. Thus the lack of such type of basic necessities human health suffers seriously from mental and physical problems. This study concludes that the food street, restaurant, music are the major source of human mental health. Gym, small parks and pathways are playing significant role in physical development of human being. The study is only limited to identify the facilities in recreational areas that affect human health. However, the study can further be extended to give proper planning for such arrangements in a recreational area.

## VII. ACKNOWLEDGEMENT

Firstly the author would like to express her heartiest gratitude towards ALLAH ALMIGHTY, without His help certainly nothing is possible. Author would also like to thanks all the respected teachers and friends for their help during research. The author is specially thankful to Engr. Sohail Rajput for his countless efforts to make this study successful, specially during the data collection.

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