LEISURE IN RURAL AREAS

RECREEAREA ÎN MEDIUL RURAL

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Abstract: *The population in administrative and industrial centers, in factories and offices suffer more than the "evil city" living and working away from nature, being isolated by a smokescreen of real sunlight, ultraviolet rays. As a result of increasing chemical pollution, physical and sonic, man feels the need for more and more free time to escape into the wild in order to restore his mental and physical capacity, the relaxation, the relaxation, or recreation of "leisure", meaning through this last term, a set of occupations to which the individual can devote to them voluntarily, either to relax or for fun or to develop information or disinterested training, social participation was voluntary or creative ability after it was issued by their professional obligations, family and society. In other words, recreation can be defined as an activity practiced by man's good looks like and where he is right.*

Key words: *recreation, rural, leisure, areas, landscape*

INTRODUCTION

The importance of recreation, leisure site has become so great that in 1966, was created "International Study Center's Leisure, whose charter, drafted in Colmar, states the following ideas:" Leisure is a site vital. It contains an element of compensation and working conditions of contemporary life. The more these conditions are more harmful because of the demands of intensive production or inconveniences due to urban

concentration, the recreation of the choice, duration, frequency and context in which it is exercised more than fulfills its role as benefactor.

MATERIAL AND METHOD

Recreation permits to repair, by relaxing solitary or collective, through fun or escapism, psycho-physiological disorders that may cause technical humane enough, lack of acclimatization to a proliferating and poorly urban environment, or conversely, excessive rural isolation .

Tasks of recreation are: relaxation, entertainment, escape and development. In this sense, is recreating the mental trauma and nerve reparatory tensions caused by, resulting from daily duties. Entertainment (entertainment) removes the boredom, regarded as a consequence of realizing the distance between the individual aspirations of their daily work to be carried out.

Escape tends to remove the individual from his normal environment, even if it does not occur only on a fictional level. Individual personality development of automatism issued daily thought and action. It can produce innovative and creative behaviors.

The recreational activity, M. Clawson (1966) distinguishes the following phases: preparation, travel, work place, and the memories return. Preparation involves drawing program that creates a beam of pleasure sought artificial joy. This factor is important in terms of advertising. From the first moment of preparation, it can be said that the tasks of „entertainment" and "escape" are partially engaged.

Moving part for many people sought relaxation and detente. Of course, everything depends on the areas to be covered in order to reach the selected location. It is a very important aspect, because the attitude of persons can be greatly influenced by the journey itself. This step is optional because it really arises only if the individual has to travel, for example, central to an area populated suburban areas.

RESULTS AND DISCUSSIONS

Activities on the spot (walking, boating, fishing, hunting, camping, picnics, etc.) are generally only concerned when it comes to recreation; they constitute its main phase. IOC activities are passive (observation

recreational activities practiced by others, without that person to participate in them) or active when individuals take part effectively in their development.

Return can be made on the same itinerary as the departure, but individual behavior is totally different. This phase is essential both in terms of visitor satisfaction or dissatisfaction and created in terms of environmental protection. The return shall be in good condition (light motor vehicles, pleasant environment), the impression that the individual will maintain the previous phase, will be even more favorable.

Moreover, at the end of the day (the usual time of return), attention and fatigue weakens negligence can lead to fatal (fires, accidents) or the place visited, or during a return. If the path is unpleasant and tiresome, favorable impressions gained during the visit will stay in place more quickly disappears and the visitor will be inclined to not return because of bad memories that keep on track. This phase is also optional: the individual, who goes to recreation itself, has not suffered the consequences of a bad return.

Memories, consisting of all the impressions that remain after the action, confronting them with those of other experiments conducted under different conditions, are often the starting point for a future recreation. Sometimes this site team meets the first phase - preparation.

Among the factors that promote recreation, noted: increased leisure time, rising living standards, rapid and convenient mobility, continuous development of communication facilities, etc.

a) Time is considered the basic factor that determines recreation. When modern sociologists, man, engaged in contemporary urban civilization divides his time into three categories: existence or required time, devoted to the vital needs: sleep, meals, carrying out maintenance work as personal and dedicated work, while subsistence, lost with movement, with different requirements to satisfy subsistence needs such as food as a dedicated recreation and leisure clothing when a person conducts an activity which suits them.

As a result of different mutations in the contemporary social developments, such as reducing working hours, extended school years, which entails long periods of travel, can request retirement at younger ages than the regular, average age life extension of time for recreation has increased significantly in the future increase will be even greater. Need

more free time than is necessary, for working time, reducing gradually becomes more tedious, due to an accelerated rate, an increased nervous tension, and when subsistence is often a tendency to extend himself becoming increasingly harder to bear, at least at certain times.

In her free time daily, short, recreation in nature is limited, usually to activities green spaces adjacent. During the weekend, is traveling at greater distances, sometimes spending the night at a cottage or camping. Vacations, holidays and travel during retirement allow older individuals in places where accommodation is provided.

b) Increase the standard of living contributes to widening participation in recreational in nature. If in the past in our country, spas and sightseeing were uncommon. For those hikers come to rest and their number have increased considerably.

c) Quick and easy mobility, due to various modes of growing and improved obviously contributes to increase in the number of citizens who want to recreate in nature. Several decades ago, long distance trips made by vehicles whose speed did not exceed 30-40 km / hour, requiring a long period of time, sometimes a day, were related to the timing of buses or trains, and often, the effort phases of displacement and return was not compensated, given the objective of relaxing visit.

Today, the large number of tourism personal means transport, as well as their enhanced speed; rapid movements provide different routes to the departure and return. Paved roads and their proper arrangement make maintenance a pleasure trip, integrating it into recreating itself.

d) The media (press, radio, television, telephone), the ever increasing popularization of many places of recreation, you have crossed paths and many activities can be practiced. These ads arouse curiosity and interest of people to travel. Often, ads for products have no connection with recreation in nature, used as background mountain landscape, marine or recreational activities (fishing, climbing, etc.).

There are many forms of recreation. These include tourism occupies an important place, narrowly defined as "action, travel, travel for pleasure individual" or more broadly as "all human activities put into working to make this type of journey." In other words, nature tourism is a recreational activity, in par flow being on foot or by vehicles of different distances, to visit some scenic areas, cultural targets, economic, historical, etc.

Tourism has emerged as an organic and spiritual need of man to escape the artificial environment of the cities to return to the natural environment. Among the factors that have contributed to tourism development is referred: the human desire to know what exists outside the territory in which it operates daily, the pleasure of admiring the beauty of the landscape, the need to make moving and to make an effort physically able to stimulate the metabolic processes and to facilitate disconnection. Walking, being comfortable, healthy, calming and relaxing, not requiring much effort and offering the possibility of practicing in various places, including streets near home, the forest trails on flat or sloping land, gaining followers among adults, the elderly and busy people, as their ideal work.

CONCLUSIONS

Tourism has generated widespread in many countries the tourism industry, new economic branch, individualized to the late nineteenth and early twentieth century, with some features such as:

- Does not use imported raw materials, but also showcase the forms its own domestic resources of natural, economic and human resources;
- Considered as part of foreign trade, tourism benefits by exporting becomes an important source of foreign currency;
- Feature a synthetic material for completion of the tourism base;
- Leverage the products of other industries, such as construction, food processing, textiles and handicrafts;
- Contribute to the enhancement of spiritual works in the arts, science, culture and folklore;
- Constitutes an incentive for new investment and generating jobs (professionals, tourism planners, travel agency workers, education staff of different grades and levels of tourism professions plus some older ones (hoteliers, restaurant).

As the industrial revolution, the rapid evolution of means of transport, increased wealth, the many qualitative and quantitative changes in world population, will experience a large-scale tourism. If in 1950, the number of international tourists was 25, 2 million, it has grown to 215 million in 1973 and 260 million in 1980, the number who will travel for tourism domestically and internationally and recorded turnover of 780

million. Our country is in the touring market category with a potential for receiving prominent, especially for European tourist flows.

This favorable situation is due to the exceptional attractiveness of geographical features - mountains, hills, plains, rivers, river, delta, sea - that is whole, a balanced and varied landscape, which, combined with a temperate climate conducive to the development of many species plants and animals, provides a rich country territory and a variety of landscapes found in other countries of similar size. Add to this the many social factors (specific local features, artistic and architectural features, festivals, exhibitions, fairs, their attitude towards tourists), history (ancient ruins, medieval, ethnic-religious symbols, historic sites), recreation and commercial conditions features (the use of many sports opportunities for enrichment of knowledge, health care, recreation, relaxation, entertainment, shops) and infrastructure, food, accommodation, which explains the considerable number of foreign tourists.

Besides tourism, sometimes as components thereof, may indicate other forms of recreation in nature, such as proper rest, resting, sleeping, reading, picnics, staying in a cottage or camping trips, visits cultural and educational objectives, easy-viewing cultural-folk performances, games and practicing different sports (swimming, fishing, hunting, horseback riding, biking, climbing). It appears that, in general, preferred forms of recreation are the most convenient or less expensive. Visitors influence is evident in green spaces, cultural performances. Form of recreation is also influenced by geographical region (such as topography, climate, presence of standing or flowing water), age (young frequently participating in activities requiring greater physical effort such as climbing, skiing, swimming, football) and urban or rural character of the population centers considered.

Romanian village is very picturesque, being "immersed" in the family garden. House of the joint is often some distance from the street and stands out as a bright spot in the depths of the massive planting varied among the great scenic spots nursery decorated with sunflower, hollyhock, etc.. But each nation has its own personality and show a certain tendency towards nature. For example, the new building houses are extended gardens.

Gardens of the peasant is a small grove of fruit trees and vines, with vegetables and crops that occupy less space between trees, also often meet here or aromatic plants and decorative flowers bees. Kindergarten land around the house, though usually small, it is used rationally.

Physical work for the private garden is an entertaining man in the country, being in compaction from the field with the moderate and peaceful, because it runs around the house in the shade of trees and aromatic flowers. But health and psyche is more useful work in the family garden for the inhabitants of cities, people often come into contact with toxic substances and spend the day near deafening machinery.

In kindergarten family worker is able to operate at will and initiative, which has great importance for health, since he receives impressions more varied and colorful than in the studio. Equally important is the intellectual and physical labor to move to the gardens, which is a healthy and enjoyable activity.

Gardens must therefore form a whole together with the dwelling. Veranda open or closed makes the transition from home to kindergarten. Lunch, rest after meals, home occupations, reading books, all they can spend the veranda or in the gazebo in the garden. In most cases, individual and family gardens are landscaped and planted without a draft prepared in advance, is without using knowledge of landscape architecture. However, even planting arranged without the knowledge of composition makes a good impression. This is explained by the fact that the plants themselves are accepted as something pleasant, even when they are not arranged by compositional rules, developed over time.

It seems that people prefer suburbs or municipalities for recreational walking, swimming, camping, and cultural and historical trips. City dwellers are moving to recreation in natural landscapes, to the practice of sports (skiing, swimming and hiking). Often, they are excited to watch or even participate in actions that they consider routine daily villagers, and in some advanced countries, city dwellers are willing to pay for the "privilege" to participate in recreational activities organized for this purpose.

Parks and forests in particular, that the most complex biosensors constitute a very favorable environment for the practice of many recreational activities. No person may be unable to satisfy their need for relaxation, whatever its financial resources, level of intellectual training, aspirations, or behavior. Passing through a very green area inside or through a forest, causing feelings contrasting with those recorded when crossing urban landscapes, the buildings predominate.

Woods is even more appreciated if there are small clearings in the forest landscape, falls and streams. Romania has great opportunities for

tourism development; its practice is not only possible but very necessary stage. Income earned from this activity will contribute substantially to raising the level of civilization of the Romanian village and its inhabitants, the hospitality so characteristic of Romanians, could change the image of African countries.

But quality agricultural tourism can not be done without agro hostels and farms have modern sanitary equipment. It should be taken into account that, unlike the establishments of other countries, the tourism in Romania is offered internationally through specialized travel agencies, which require a maximum requirement. For this stage, farms must be supported by a range of facilities for these activities. Of great importance is the effective promotion that requires printing, annual catalogs of the offer made by European standards on rural tourism.

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