



A scoping review on the implementation of active recreational activities

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ABSTRACT

The purpose of the study. The aim of this study is to identify the prevalence of participants in physical activities, the motivation needed by the students to engage in the activity, challenges encountered by the implementors, health benefits, and recommendations and suggestions needed for the improvement of the implementation.

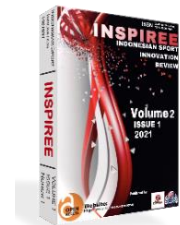
Materials and methods. Using Arksey and O'Malley's (2005) scoping review framework, a systematic analysis of the data of different articles was conducted.

Results. It was found out that the implementation of active recreational activities offers different health benefits to the youth, physical literacy and orientation and motivation played a vital role in the implementation of the recreational activities.

Conclusions. Therefore, the implementation of the active recreational activities must be strengthened in schools not just for the sake of participation but because they are motivated to. And the engagement of these activities must not only limit to school grounds but also engaged even at home and in the community.

Keywords: *active recreational activities; Physical education and recreation; Active recreation.*

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INTRODUCTION

Nowadays physical activities and sports have become part of our lives already and it is impossible to just think of it only for physical gains. We need to understand the totality of the physical, psychological and social benefits of sports to individuals in general. The interest in sports and recreation has increased throughout the time and the attachment of health, emotional, physical and psychological moods by the influence of a growing trend in the early 20th century has improved. In order to meet these needs, there must be enough motivation and the integration of physical activities in the era of living of technologies.

Recreation is an activity which offers numerous sports activities and provides amusement and pleasure. But for recreational purposes, involvement in athletic

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activities must be carried out with an enjoyment, the physical exercise and the playful purposes in spare time (Sevil et al., 2012). Recreational activities have numerous recognized favorable benefits on the physical, mental and social good of a person, which various Hungarians have proven (Apor, 2011; Juhász et al., 2015; Müller and Bácsné, 2018; Simon et al., 2018) and international (Dobay et al., 2017; Bendíková et al., 2018; Baidog and Herman, 2018; Erdely et al., 2020). Recreation activities in your free time seem to be extremely helpful for your health (both mental and physical). Variables dependent on individual socio-economic structures are a major element determining leisure trends and needs. It is recognized that it is necessary to know what elements impact people's attitudes, perception and preferences to ensure the quality of recreation (Dorwart et al., 2004). Stress and illnesses seemed to dominate nowadays because the lives of people are characterized more on quality performance and job pressure (Dajnoki et al., 2018; Héder et al., 2018; Dajnoki et al., 2019), which is accompanied by high stress levels. Therefore, leisure activities that alleviate stress like massage are becoming more and more popular (Bíró et al., 2019) or certain exercise programs (Csörgő et al., 2013; Bodolai et al., 2016; Molnár, 2019). More and more society has been impacted via different lifestyle disorders including stress, anxiety, obesity, heart attack, hypertension, cardiac diseases, various deformations. (Ding et al., 2017; Iski and Rurik, 2014).

Here I report a scoping review to identify the extent of the literature of active recreational activities. The methodology is varied that offers thousands of researches and articles regarding the focus at hand. It requires a thorough examination of the information at hand and later conclude based on the data gathered.

With the use of scoping review, there are a lot of benefits in narrowing down the necessary studies in focus because it eliminates duplications of the same articles published and cited by different authors, it allows to specify the data needed of the current study and it identifies answers from the broad and varied articles into a filtered information. The answers extracted from the review will be of significant use for another data gathering that aims to improve the implementation of the active recreational activities. This study aims to summarize a wide range of information from the varied articles that talks about active recreational activities using a scoping review. This study

aims to achieve the following: 1) Which among the boys and girls participate more in physical activities and recreation?, 2) Distinguish the motivations needed by the students to maintain engaged in recreation. 3) Determine the challenges encountered by the implementors in conducting the activity especially to LSEN's, 4) Recognize the health benefits that could be gained in engaging recreation, 5. To find out several recommendations and suggestions for the improvement of the implementation.

MATERIALS AND METHODS

Scoping review undertakes the stages of a rigorous, reflexive, and transparent manner and its explicitness allows further replication, increased reliability, and response to any suggestion of deficiency (Arksey & O'Malley, 2005). The five main stages were (1) identifying the research questions, (2) identifying relevant studies, (3) study selection, (4) charting the data and lastly, (5) collating, summarizing, and reporting the data.

Identifying the Research Questions

Nye, Brunton and Wendt (2016) recommended that a clear, responsive and investigative statement should be a research question that guides review procedures. In addition, a collection of these issues should identify and examine important areas and constraints (Nye, Brunton & Wendt, 2016). To ensure a comprehensive and manageable coverage of literature, the following research questions were presented in the previous section.

Identifying Relevant Studies

Key search terms were developed to cover a wide coverage of literature (Table 1). To collect and recognize the practicalities of time and other restrictions, inclusion and exclusion criteria were devised in order to identify the whole number of research used in original literature (Guden & Bellen, 2020). These eligibility criteria serve as a foundation for validating the study selection to be included in the review and to reduce the distortion in the process (Nye, Brunton & Wendt, 2016).

Table 1. Key search terms

Search terms
Implementation of "active recreational activities"
"Physical education and recreation"
"Active recreation"

A scoping review on the implementation of active recreational activities

Electronic databases were used as sources in this scoping review, since libraries are not readily available. There were 4 databases that offers relevant literature and studies in physical education concerns namely, Google Scholar, ERIC, Taylor and Francis online and Microsoft academic research. Research includes the database of google. Reference list, bibliographies and related articles were also examined to gather enough data.

Table 2. Inclusion and Exclusion criteria

Criterion	Inclusion	Exclusion
Time period	2000- 2021	Studies beyond
Language	English	Non-english studies
Type of article / publication	Journal articles, conference papers	Articles that are not published in journals, not presented in a conference
Study focus	Physical education subjects in the blended learning	Work settings, those employees and workers under the companies
Literature focus	Publications and articles in which describes and talks more about active recreational activities	Articles that were made only reference and basis. Articles that talk more about beyond the school settings
Population and sample	Students in all levels undertaking physical education subjects and those learners that needs special education	Workers, employees

Study Selection

This is an Arksey and O'Malley's (2005) scoping review framework, a systematic analysis of the data of different articles.

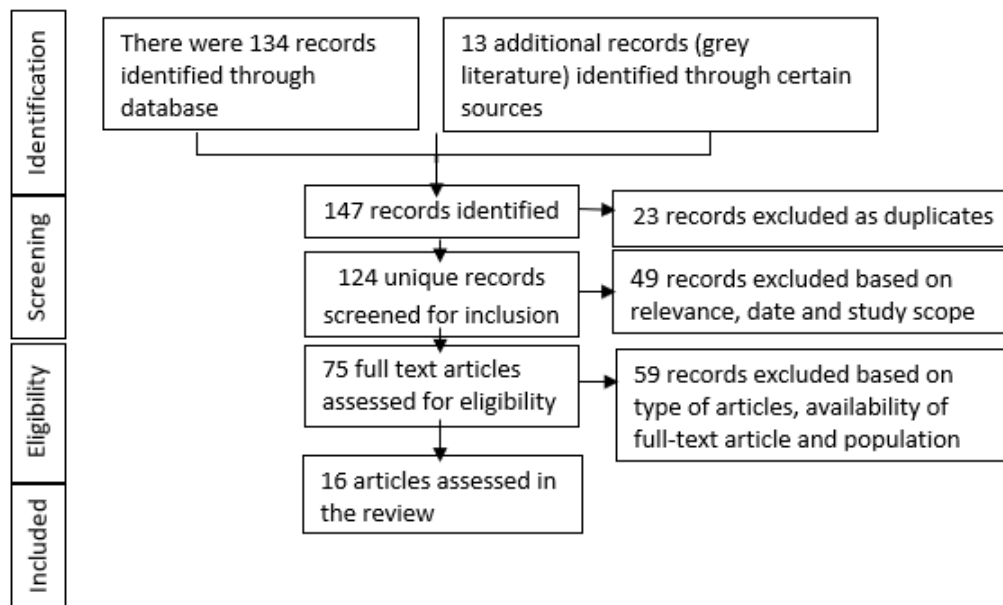


Figure 1. scoping review framework

Table 3. Included Studies

(Study number)	Author details, year & location	Study Design/participants sample	Outcomes
(1)	<i>Field and Temple</i> , 2017 Canada	Participants were 400 boys and girls (Mean age = 9 years 6 months) in grade 4. A cross-sectional approach was employed to explore the connections between motor skills and leisure and boys' and girls' involvement in grade 4.	The same prevalence of engagement in various physical activities was seen by boys and girls in this study. However, more boys than girls are engaged in formal team sports, and more girls are engaged in informal physical activity.
(2)	<i>Anderson, Bedini and Moreland</i> , 2005 USA	Theoretical sampling was employed. The topics included 14 girls aged between ten and sixteen years living in North Carolina, South Carolina or Georgia, who were physically handicapped. For the current study, only females with physical impairments were included in the sample instead of a mix of physical and developmental impairment.	Three main topics present results: (a) as a disabled female, they felt affected by the problem and feel different. (b) certain people with disabilities, view physical exercise to be a leisure and, when it is done away with their homes, experience numerous benefits more frequently than not and (c) obstacles to participating in physical exercise, their peers saw them as rather powerless and lacked role models.
(3)	<i>Loukaitou-Sideris and Sideris</i> , 2010 USA	12 secondary school students and parents were surveyed and the findings examined. Children were observed in 50 inland parks and 50 sub-urban parks and utilized various park- and neighborhood-level regression models to relate the number of children using parks.	The analysis indicates that parks are of little utility to many middle-school pupils. This is mostly due to the lack of care about the existing parks and the lack of time and security for their homes. The most important things that draw middle school kids to the parks are activity recreational and organized athletic activities, natural features and high up-keep and cleanliness.
(4)	<i>Templea, Cranea, Browna, Williamsa & Bella</i> , 2014 Canada	Children from 2 schools in 1 Victoria, British Columbia school district. Seventy- four (47.4%) have been recruited. Average age 5 years 11 months of childhood (SD 1/4 4 m) and 41 (55.4%). The Gross Motor Development Test (TGMD-2; Ulrich 2000) has been used to evaluate the locomotive skills and object control abilities (running, jumping, hopping, sliding, galloping, and leaping) in children.	Boys and girls participated in active leisure passages, but only females took part in more formal, casual dancing and boys took part in more team sports. With regard to involvement and motor skills, there were substantial variations based on sex. For girls, there was no significant relationship between leisure activities and motor skills.
(5)	<i>Kinczel, Maklári, Müller</i> , 2020 Hungary, Romania	A questionnaire was developed to assess the expense of free time and the existence of motivation in which questions relating to the recreational system and the motivational instruments of the students were asked. 65% of those interviewed were women and 35% were males. Hungary is home to 64.4% whereas Romania is home to 35.6%. Majority of male in Romania than Hungary responded. 68.1% of respondents were between 19 and 25 years of age, 13.1% below 18 years of age, the remainder (18.8%) above 26 years of age.	Research shows that while recreational sports are part of leisure activities, inactive free time activities continue to be more prevalent. It would be ideal to train specialists who could provide people enough motivation, because there would be a reduced risk of certain diseases and an improvement in the physical, mental and social well-being of individuals if there is greater motivation or interest in sports in people's life.
(6)	<i>Alanazi</i> , 2020 Saudi Arabia	This work is inherently experimental. It comprises a pre-test and post-test design in two groups – the experimental and control groups. Students studying for one semester were the population sample. Sixty kids from Saudi Arabia's first school year were selected. Data analysis statistical approaches have been used: <ul style="list-style-type: none"> • Collection of descriptive statistics: • The Pearson correlation coefficient • The independent T-Test sampling 	The study shows that teachers must be aware of the impact of mathematical fear on the performance and motivation of pupils. They should try to establish an environment that allows pupils to easily alleviate anxiety and study in the optimal conditions.

A scoping review on the implementation of active recreational activities

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| (7) <i>Kemperman, Timmermans, 2011</i>
Netherlands | The direct and indirect connections between each of the variables selected were derived via a Bayesian Beliefs Network (BN) (Arentze & Timmermans, 2009; Heckerman, Mandani & Wellman, 1995; Pearl, 1988). Participants: 4,293 pupils in Netherlands elementary schools. | In addition to direct relationships, the results demonstrate that a wide variety of objective environmental features of the area are linked indirectly to outdoor leisure activities through perceived neighborhood security. |
| (8) <i>Larson, Whiting, Greenc and Bowkerd, 2015</i>
USA | From May to September, 2010, data was collected (n = 9072 individual youngsters seen at 217 observation sessions) using an adapted version of the Communities Observation and Recreation System (SOPARC), a strategy developed in a variety of park-based areas by McKenzie, Cohen, Sehgal, Williamson and Golinelli (2006) to objective evaluation. | The PA involvement seen differs slightly in terms of demographic activity compared to females (Cohen et al., 2007). Young children have been more active than adolescents which, as earlier study has shown, might assist to explain partly the poor connections between adolescent PA and rural areas (Babey, Hastert, Yu, & Brown, 2008). |
| (9) <i>Shannon, 2014</i>
Canada | There have been two important methodological choices. First, both parents and children's opinions would be solicited. Second, the research design and interpretation of the findings were driven by a social-ecological framework and phenomenology. Over a period of three years, 30 families participated in the program. This study included data from 15 parent-child couples who participated in at least five leisure education sessions while the data were gathered from all families. | This study highlighted the intricate connections between social and ecological variables in the leisure of overweight or obese children. Although overweight children may mostly engage in sedentary activities, they are interested and encouraged to take an active part in leisure activities. |
| (10) <i>Shannon, Oncescu and Hutchinson, 2016</i>
Canada | Scholars that apply the evil problem lens stressed that dealing with bad issues might lead to previewed outcomes, mostly due to the indefinable problem or the unsuitable technique to solve the problem. This can generate and/or aggravate evil situations by solutions and/or tactics employed (Sam, 2009). | The challenges related to sedentary behavior and unfair access to leisure are complicated and interrelated with no remedy enough for each community. Recreation practitioners and their agencies will need to collaborate with key stakeholders in the establishment of diversified, context-specific and adaptable methods to address both system- and individual changes. |
| (11) <i>Darginidou, Goulimar, Mavridis and Genti, 2017</i>
Greece | The study was based on 180 first-class young kids, 13 years of age (53 boys and 127 girls) and randomly selected. The results were obtained. The collection of data was performed using the "School of Social Conduct scale" (SSBS-Merrell, 1993). (Magotsiou, Goudas & Hasandra, 2006). | The sense of a team formed in most of the dances helps to build a collective spirit and co-operation that has all the benefits for one's psychology, social behavior. After all, dancing helps to grow young person multilaterally (Sanderson, 1988, Likesas, 2002) and creates emotionally pleasant interactions, exactly as it links mutual motions of members of a dance group (Goleman, 1995). |
| (12) <i>Lees, Squeglia, Breslin, Thompson, Tapert and Paulus, 2020</i>
Australia | 9,254 students from the Cognitive Development Study for Adolescent Brain participated. As separate variables into logistical mixed models, latent factors indicating SMA, cognition, psychopaths and the social environment were included. Society variables were age, sex, race/ethnicity, education, status of marriage and household income. | This study showed, however, that screen media activity in pre-teen young people does not seem to be substantially responsible for other leisure activities, including sports and hobbies. When correlations have been discovered between SMA and other activities, impacts are at best subtle and modest. |
| (13) <i>Güzel, Yıldız, Esentaş, Zerengök, 2020</i>
Turkey | In the research, the mixed approach was employed. Greene and Krayder & Mayer (2005) think that the mixed methodology, in which the assessment is carried out intentionally, is quantitative - qualitative data gathering and data analysis procedures. The study group comprises of 297 participants, who are women and 182 men who, on the basis of comfort sampling techniques, are equivalent to a total of 479 persons who have an average age of 30.837 (+9.55) who willingly took part in the study. | To conclude, the study sought to raise awareness of leisure activities capable of improving the quality of life of people in the COVID-19 pandemic, which notably impacts the whole globe and is widespread, particularly in psychological, physical, and social contexts. Research suggests that recreation activities need to be employed |



(14) <i>Sawangmek, 2019</i> Thailand	30 of 4th to 9th grade kids who were socio-economic disadvantaged pupils choose for recreation at a small school in the province of Uttaradit, Thailand participated in this action research. The data collection tools used included three tools. First, the five recreational programs were created with the help of game play. The second questionnaire, which has four sections, is the Student Motivation for Science Learning (Questionnaire: SMTSL) created by Tuan, H-L, Chin, C-C. & Shieh, S-H and is a 5-pin Likert motivation. My attitude to participate in the leisure activities that requested an agreement on each declaration at Likert 5-point scale and my comments on recreation at the conclusion. Thirdly, pupils' conduct during leisure activity involvement.	both in the reduction of the spreading effect of the virus at home and in the surmounting of the most detrimental effect and in the attempts to do so, both individually and institutionally. Based on the results, the scientific-related activities and games have been designed using features of informal environments and recreational characteristics, showing that recreational activities are able to motivate students to learn science and to engage with recreational activities with excitement and leisure.
(15) <i>Green, 2012</i> United Kingdom	In-depth interviews examining either young people's views in terms of their recreational experiences or their past sports histories are two famous instances of multi-method methods.	This means, studying the involvement in sport amongst children and youth might contribute to 'dissecting the intricacies of activity and non-participation in a behavioral level' in the terminology of Marshall (2009, p. 84). At the same time, socio-ecological studies of interdependencies in the lives of young people are needed. In addition, multi-method methods including quantitative studying of PE, PE and leisure sports involvement patterns for young people and qualitative research are needed to examine the views of young people of any interconnectedness between these sports. The survey revealed that males were more interested than females in a range of sports and physical activities - including basketball, hockey, downhill and tennis - in the beginning or in increased involvement. Boys tended to be quite happy with their present level of participation.
(16) <i>Varpalotai and Doherty, 2000</i> Canada	FAR then continued a commissioned study on London's physical attitudes at the age of 11-19. The study, carried out via the local school boards found opinions of students that contrasted strongly with existing programmes, and local sports leaders' perceptions (Smale Shaw, 1993)	

Charting the Data

In this part, relevant data and information from various articles are being collected such as the author, year published, the location of the conducted study, methods used, population sample and the outcomes. (Tables 3)

Summarizing and reporting findings

The fifth and final stage of Arksey and O'Malley's (2005) scoping review framework summarizes a report's findings.

RESULTS AND DISCUSSION

The scoping review method were able to extract 16 relevant articles needed in the study. Where the focus of such studies answers the research questions. There were

various countries involved in the conduct of the studies. There are 5 articles from Canada, 3 from USA, 1 each from Hungary, Romania, Turkey, Netherlands, United Kingdom, Thailand, Greece, and Australia.

Which among the boys and girls participate more in physical activities and recreation?

Studies have shown that boys and girls participate in a range of physical activities, although females more often participate in informal activities while boys play more formal team sports. Boys often have been involved in controlling objects. There are however certain reasons why girls seem more interested in the variety of sports which prevent them from taking part, including, time, too much school work, homework and the care of younger siblings; opportunities, lack of transport and facilities, inconvenience; knowledge, skills and knowledge of the rules (Varpalotai and Doherty, 2000). The girls, showed that are more engaged in a certain aspect of sports which are not so prevalent to boys like making new friends, becoming fit and team spirit. It was also emphasized that there are a lot of sports in which girls are interested to play on however, there are not yet rules and mechanics created that allows the girls to play considering the physical aspects involved, which in turn goes back on the gender equity being debated for years.

Distinguish the motivations needed by the students to maintain engaged in recreation.

The research reveals students are driven to undertake recreation and physical work to protect health and general well-being, to bring them happiness, weight loss, attractiveness improvement and entertainment. Another research indicated that integrating mathematical leisure activities enhances performance and reduces anxiety. It is therefore necessary to accompany the motivation required with enjoyable and innovative means of debating mathematical topics. The youth's inspiration for active leisure activities does not take place in the media. During the quarantine students were motivated by maintaining the healthy lifestyle for families, which is why they sought to engage in physical and recreational activities to improve physical and mental health. Science-based, leisure activities, gaming, created utilizing features of informal surroundings and recreational qualities, shows that leisure activities may motivate students to learn science and to participate in recreational activities with enthusiasm and enjoyment during their spare time. The recreation activities, the game, may thus

be used as an informal location to encourage players to study informal science, together with excitement and fun during their spare time. (Sawangmek, 2019).

Determine the challenges encountered by the implementors in conducting the activity especially to LSEN's

Practitioners are responsible as providers of formal opportunity for recognizing programming gaps for disabled kids. In comparison with programming for young people without impairments, the advantages of formal programming might be more prominent. For example, a defined program helps guarantee that possibilities are not simply left unintended (e.g., that "someone else" offers the program, in particular, for an event in which many participants, recreational facilities and special equipment, such as wheelchair basketball, are necessary). Indeed, a financed program may clearly address the need for specialist equipment (Anderson, Bedini and Moreland, 2005). A structured program aims to ensure disability education. The LSEN will also be helped by guiding skilled coaches and trainers. And it gives a chance for the informal program to promote a sense of belonging. Research showed the benefits of one sex courses and programmes, including more freedom of participation and improved self-esteem, both for academics and leisure time (Castelnuovo & Guthrie, 1998; Culp, 1998; Riordan, 1994; Sadker & Sadker, 1994). For this demographic too, the availability of adapted sport and recreational programs is important. The modest numbers of eligible participants for a segregated adaptive sport or recreation program sometimes take the shape of inclusive programming (Anderson, Bedini and Moreland, 2005).

Recognize the health benefits that could be gained in engaging recreation.

Based on the studies, health benefit is not only limited to physical attributes but it talks more about the mental health where most of the children and teenagers are struggling with. There are some children who are overweight and obese, in which this case, affects their confidence level and motivation in pursuing physical activities, which in turn, hinder themselves from participating. As a result of a study conducted by Lowder, Padgett, & Woods (2005) on this subject, they found that regular exercise promotes to developing influenza vaccination immunological response in adults. Regular physical exercise has the benefit of improving overall health, maintaining good weight, reducing the risk of chronic illnesses and early mortality and promoting

excellent mental health (Janssen & LeBlanc, 2010; Warburton, Nicol, & Bredin, 2006; Yalcin & Ayhan, 2020). The team produced in most dances helps to promote collective spirit and collaboration with all its good impacts on psychological, social and behavioral aspects. (Darginidou, Goulimaris, Mavridis and Genti, 2017).

To find out several recommendations and suggestions for the improvement of the implementation of recreational activities.

Future research should investigate the reasons behind why boys and girls choose to participate in certain physical activities and not others in order to better understand participation trends. There should be more emphasis on the included areas of increased marketing efforts; education for families, peers, and staff; and outreach regarding the recreational activities. Future research may benefit from examining participation using more open, inductive approaches to generate new propositions and theory about the relationships between physical activity and motor skills. Suggested research on female students to determine whether there is a gender differences in maths anxiety and performance based on the experiment. The lack of longer-term analyses is an additional limitation which prevents from determining if the superior knowledge of the experimental group was retained over time. Research that seeks to understand how ethnicity interacts with weight status to influence leisure choices, including active leisure, is needed.

CONCLUSION

Active recreational activities are activities that you personally engage and directly participate during your free time for the purpose of relaxation. We do have varied forms of activities that we participated which are more drawn to passive recreational activities like surfing the internet, watching tv and movies. Despite all these inactive activities, the call and interest of physical engagement still prevails in the age of 21st century much more in the pandemic. The study revealed that the participation of active recreational activities is more prevalent to boys, since they are fond of team sports and actual formal games. However, girls are also interested to engage into such, only that there are certain standard barriers that hinder them to engage in, like the danger of contact sports, approval of the parents and household chores. But in general, it doesn't entirely define their status and sex-based difference, it is just that there are some

limitations to gender equity. Most of the motivations in engaging active recreational activities that are emphasized by the participants are the promotion of a healthy lifestyle, maintenance of good body figure and the happiness and satisfaction gained. Therefore, the implementation of the active recreational activities must be strengthened in schools not just for the sake of participation but because they are motivated to. And the engagement of these activities must not only limit to school grounds but also engaged even at home and in the community.

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APPENDIX

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