

Social Intervention in the Area of Recreation: Case of the City of Milagro

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Abstract

Research on the intervention of the social worker in the area of recreation highlights the importance of this field of action as a tool to promote the emotional, psychological and social well-being of people. For this work, a mixed methodology with a qualitative and quantitative approach was used. This combination allowed us to gain a more complete and in-depth understanding of how social workers intervene in the recreational field and how this impacts people's well-being. The interview and survey technique was used, as well as a documentary review of theoretical contributions that allow generating knowledge about how important recreation is in the intervention role of the social worker. In designing the survey, a representative sample of 90 people was taken from the population of the Margaritas citadel in the city of Milagro, to collect quantitative data on participation in recreational activities, perceptions about their impact on well-being and perceived barriers to participation. access to these activities. The in-depth interview was directed at 6 social work professionals who work in the area of recreation. This interview provided us with detailed information about their experiences, practices, challenges and perceptions in relation to the recreational intervention.

Keywords: Social Intervention, Recreational Games, Well-Being and Integration.

INTRODUCTION

The intervention of the social worker in the area of recreation is a fundamental tool to promote the emotional, social and physical well-being of people (Intriago & Loor, 2021). Recreation is an activity that allows people to disconnect from daily stress, strengthen their social ties, improve their physical and mental health, develop skills and talents, among other benefits. (Tamayo & Zambrano, 2023)

In this research, the role of the social worker in intervention in the area of recreation will be analyzed, identifying the strategies and techniques used to promote people's participation in recreational activities, as well as the benefits and results obtained through this intervention. .

Social worker intervention in the area of recreation is an exciting and multifaceted field that seeks to improve people's quality of life through recreational activities. It is important to understand that recreation goes beyond simple entertainment (Elizalde & Gomes, 2010). For many, especially those facing social, economic, or health challenges, recreation can be a way to escape stress, strengthen social relationships, and develop important life skills. (Carazo & Chaves, 2015)

For (Prado, 2023), social workers play a vital role in facilitating equitable access to recreational opportunities for all members of society, including those who may face barriers such as disability, poverty or discrimination. This involves not only providing accessible resources and programs, but also advocating for policies that promote inclusion and equity in recreation. (Estrada, 2011)

Furthermore, the social worker's intervention in the area of recreation is based on a holistic approach that recognizes the interconnection between physical, emotional and social well-being. When designing and implementing recreational programs, social workers consider individual and group needs, as well as the cultural and environmental contexts in which they operate. So we can see that through recreation there are tangible benefits of active community participation, such as improved physical and mental health, as well as broader impacts on community cohesion, social integration and individual and group empowerment.

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In accordance with (Barranco, 2004), the intervention of the social worker in the area of recreation is a dynamic field that seeks to promote inclusion, well-being and quality of life for all. Through this research, we hope to deepen our understanding of how recreation can be used as a powerful tool for positive social change.

The Social Worker's disposition to use recreation as a participation strategy must manifest itself in a dynamic communicative and contagious enthusiasm with the purpose of increasing stimulation for action, generating an effective environment for dynamic participation in activities. (Rodriguez, 2003)

The social worker, as his name indicates, must feel that role of link with society, he must know and live so that he can be objective. Understanding this objectivity as the ability to observe with a certain detachment from oneself, from one's purposes and achievements. It is precisely this mystique that leads the social worker to have the ability to face problems, to take into account important factors and to face the demands of situations with organized and well-developed plans. (Ramirez, 2016)

The social worker must be in constant preparation (Guilen, 2021) Above all, you must be trained to intervene in the area of Recreation, in the following thematic lines: Free Time, Social Dynamics, Play as Diagnosis and as Therapy, Development of Creative Capacity, Sociocultural Animation, Educational Theory, Technology and Media Social Communication, Recreation, Family and Society, Recreation as a Participation Strategy, Recreation and Social Problems. Among other areas that are important within the social worker's intervention.

The professional in the social area who carries out intervention in the area of Recreation, not only needs to know what free time is, what its quantification is, but it is also necessary to understand that outside of what we understand by this phenomenon, situations of social nature that will considerably affect the availability, that is, the choice within that time, such as:

Food, health, housing, employment situations.

Purchasing capacity of the income of these (popular) sectors.

Cultural characteristics of the population.

Education indicators for free time.

Existence of services for recreation.

Opportunities to access these services.

Regarding all these situations and many more aspects, research about the community is required. (Shepherd, 2013) indicates that the Social Worker needs methods and techniques, because every professional who works at a social level must have sufficient tools that allow them to carry out research that produces reliable results, while said techniques generate active participation from the community.

Method

The Design of this research addressed a qualitative and quantitative approach, emphasizing descriptive research, it also has an experimental design in that it intervenes on a variable to know the effects they have on another that is of interest for the investigation. In the same way, it was considered appropriate to work with the observation technique, to understand the behavior of people and characteristics of the community.

Population and Sample

Qualitative Research

According to (Hernández et al., 2010), the direction of the in-depth interviews starts from the selection of the sample, selecting the information from the professionals who influence the locality with activities that are aimed at enhancing community participation or find themselves immersed in processes that incorporate it. Thus, the sample has been selected under probabilistic and intentional criteria.

In this sense, the participants in the qualitative research were selected considering the selection criterion, which was worked with 6 professionals with experience in social intervention in community recreational issues.

Quantitative Research

For quantitative research, the population includes the inhabitants of the Margaritas citadel of the City of Milagro, made up of 90 people, of which 60 women and 30 men aged between 18 and 65 years.

Subsequently, to collect information, a survey schedule was carried out, in which surveys of the population were planned taking one person per family as a reference. Once the information was obtained, data was entered into a database designed in Excel, through which the descriptive statistical analysis was carried out through frequencies and percentages.

RESULTS

Observation

According to the field observation carried out in the Ciudadela Margaritas of the City of Milagro, we can indicate that passive recreational activities predominate in the citadel, as a way of using free time, so the most frequent recreational alternatives are: playing bingo, watching television, listening to the radio, watching social networks, etc. Furthermore, it can be seen that cultural activities in this sector are very few and those that are developed are discriminatory towards women. In some cases, women do not have free time due to the overload of tasks they concentrate on.

The results also reveal a lack of habits for using this time within family groups. Added is the lack of knowledge of the importance of healthy recreation as a basic element of physical and mental health.

Survey

Table 1: Recreational Activities in the Community

Lifestyle items	Answer	Women	Men	Absolute frequency	Relative frequency
Do you know what recreation is?	Yeah	22	twenty	42	46.67
	No	38	10	48	53.33
Are recreations held in your neighborhood?	Yeah	twenty	twenty	40	44.44
	No	40	10	fifty	55.56
Is there community support for recreation?	Yeah	twenty	twenty	40	44.44
	No	40	10	fifty	55.56
Do you participate in any recreational activities in the neighborhood?	Yeah	twenty	18	38	42.22
	No	40	12	52	57.78
Do you exercise daily?	Yeah	23	twenty	43	47.78
	No	37	10	47	52.22
Does any of your family members practice any sport or engage in any physical activity?	Yeah	25	22	47	52.22
	No	35	8	43	47.78
Do you know that recreational activities affect health and motor skills?	Yeah	23	twenty	43	47.78
	No	37	10	47	52.22

Source: self made.

Deep Interview

According to the interview carried out, the professionals agreed on the importance of incorporating recreation as an intervention tool in social work, since it can contribute significantly to the emotional and social well-being of people.

Some professionals define recreation as an activity of recreation, rest, fun, distraction, to clear the mind and occupy free time. They highlighted the importance of recreational intervention in the community as a tool to promote social integration, emotional well-being and mental health of community members.

Among the benefits identified are stress reduction, improved self-esteem, strengthening social ties and promoting physical well-being. Furthermore, the importance of adapting recreational activities to the needs and preferences of each individual was highlighted, thus ensuring an effective intervention.

On the other hand, some professionals pointed out the need to have adequate resources to carry out these interventions, as well as specific training in the area of recreation. Likewise, the importance of working in collaboration with other professionals, such as physical educators or occupational therapists, was highlighted to enrich interventions and guarantee positive results.

In addition, they stated that recreational intervention can contribute to strengthening community ties, fostering teamwork, and promoting the active participation of individuals in social life. They also pointed out that one of the main challenges in the implementation of recreational intervention programs in the community is the lack of economic and material resources to carry out the activities effectively.

Likewise, they mentioned the importance of involving young people and older adults in recreational activities, since they are population groups that tend to be more vulnerable to social isolation and exclusion.

Regarding their perceptions about the benefits of recreational intervention in the community, social work professionals highlighted the improvement in the quality of life of the participants, the strengthening of interpersonal relationships and the promotion of healthy lifestyles.

The interview conducted with social work professionals allowed us to understand the importance of recreational intervention in the community as a strategy to promote social inclusion, emotional well-being and mental health of individuals. Additionally, it provided us with valuable information about the challenges and perceptions of professionals regarding the implementation of recreational programs in the community. In this sense, it is evident that social worker intervention research in the area of recreation seems to be a valuable tool to promote people's well-being.

CONCLUSION

According to the research, it can be seen that there is little participation in the area of recreation by the community, which may be due to multiple factors such as lack of access to adequate spaces, lack of free time due to responsibilities. work or family, lack of interest or knowledge about the recreation possibilities available in the community, among others.

It is important to promote the importance of recreation as a fundamental part of a healthy and balanced lifestyle, as it has both physical and mental benefits. To encourage greater participation in recreational activities, it is necessary to raise awareness in the community about the importance of taking time to take care of themselves and enjoy moments of leisure and fun.

Furthermore, it is essential to invest in the creation and maintenance of public spaces and recreational activities accessible to all population groups, promoting inclusion and diversity. Likewise, it is necessary to work on promoting initiatives that motivate people to participate in recreational activities, such as sports programs, cultural workshops, community events, among others.

It is necessary to raise awareness about the importance of recreation and promote active community participation in recreational activities, with the aim of improving people's quality of life and strengthening social ties in the community.

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