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# Motivation: a way to enhance young people's participation in sports-recreational activities

## Arael Cruz Rabilero

Combinado Deportivo Micro 2, Santiago de Cuba, Cuba  
Corresponding author email: [arael.cruz@nauta.cu](mailto:arael.cruz@nauta.cu)

## Hilda Rosa Rabilero Sabatés

Universidad de Oriente, Santiago de Cuba, Cuba  
Email: [hrabileros@nauta.cu](mailto:hrabileros@nauta.cu) , [hrabilero@uo.edu.cu](mailto:hrabilero@uo.edu.cu)

## Norma Guerra Martínez

Universidad de Granma, Granma, Cuba  
Email: [nguerram@udg.co.cu](mailto:nguerram@udg.co.cu)

## José Ignacio Ruiz Sánchez

Universidad de Camagüey, Camagüey, Cuba  
Email: [jose.rruiz@reduc.edu.cu](mailto:jose.rruiz@reduc.edu.cu) , [jose.ruiz61182@gmail.com](mailto:jose.ruiz61182@gmail.com)

**Abstract---** *The topic that is addressed is very topical since it is related to one of the lines of research reflected in the technological demand of the Micro Sports Combination 2 of the Northern People's Council of the District "José Martí". It emerges as a priority of the social system related to improving the quality of life of young people. It aims to select actions for the empowerment of motivation towards sports-recreational activities in the young people of the 15th constituency of the "La Risueña" Community. The diagnosis made allowed to specify the insufficient variety of sports-recreational activities that are carried out in the community. The work brings actions aimed at improving the quality of life of these young people by promoting the leading participation of them with a different dynamic to the traditional forms that are promoted in their environment. For the development of research, the theoretical and empirical methods were used which allowed us to analyze and synthesize the main ideas that underpin this research.*

**Keywords---** *empower, motivation, participation, sports-recreational activities, and young people.*

## 1 Introduction

The Cuban state, together with the I.N.D.E.R (National Institute of Sports Physical Education and Recreation) through sports activity, promotes the development of new needs, interests, motives, feelings which brings with it those convictions are strengthened. In this sense, recreation is a sociocultural product of contemporary Cuban society, as it becomes a complex participatory system, which contributes to the use of free time, based on the needs, interests, and satisfaction of the population for this activity. The diversity of activities carried out by the inhabitants and the impact reflected in the lifestyle, is a characteristic of the multifaceted nature of recreation, as it is constituted in Cuban society in an important principle: "Healthy and Healthy Recreation"; the principle that achieves the link between social work, social justice, physical activity and the prominence of the people, which acquires meaning through Physical Recreation.

It is emphasized then, that physical recreation is not a static fact, but dynamic, referring to a specific area of human experience with freedom of choice, creativity, satisfaction, and enjoyment, which favors personal, economic and social development, an important aspect of quality of life, promoting good health and well-being by offering varied

opportunities that allow individuals and groups to select activities, experiences according to their needs, interests and valuation guidelines, as well as being a personal and social fact. Today, recreation stands as an effective way to motivate, socialize people, train and guide young people, and instill new human values. This has caused new expectations in Cuban youth, not only as part of society today, but it has also come to encourage the free time of Cuban society in general. Although the youth population has a high magnitude of free time, they have a low ability to rationally take advantage of leisure-recreational activities.

Studies on recreation have been treated in recent times by various research at the national and international levels. There is work carried out by researchers in the territory who have directed their scientific activity to the study of this topic at a general level, which are based on the development of this area of action of professionals of Physical Culture and Sport among [Magda Quesada Varona \(2002\)](#); [Nivia Martínez Pacheco \(2005\)](#); [Carlos Sierra Barbados \(2006\)](#); [Arlenis Alvarez Canet \(2009\)](#); [Mayra Alvarez González \(2009\)](#); [Leila Gata Garlobo \(2009\)](#); [Evelyn Gata Díaz \(2010\)](#); among others. Other research that is part of the theme of recreation, is that of [Quintana Pérez Mayelin \(1998\)](#); related to the participation of the Caney population in physical recreational activities, [Naranjo Rodríguez \(2004\)](#), with her work on the application of a physical recreational program at the Popular Council of Santa Rosa, [Costa Acosta Janier \(2005\)](#) and his study on a recreational animation program to prepare the teachers of Recreation of Santiago de Cuba, in line with preventive work of behaviors antisocials in young people by authors [Hernández Font Renier \(2008\)](#); [Peña Betancourt Clivia \(2009\)](#); [Romero León Moisés \(2010\)](#); [Girón Mendoza Pablo \(2010\)](#), dabbled in physical recreational activities for inmates of the prison study and work center Green Sea.

However, the various perspectives with which these authors have approached this aspect do not yet provide sufficient elements to address the process of recreation based on motivation towards sports-recreational activities, this being one of the causes why difficulties continue to be observed in the participation and incorporation of young people into them. It has been seen that in the José Martí-Norte Popular Council of the Municipality of Santiago de Cuba, specifically in the community of "La Risueña" belonging to the Micro Sports Combine 2, the following demonstrations have been observed that threaten participation, incorporation, and use of sports-recreational activities in young people, which are expressed in: Little interrelationship of the INDER with the different socializing agents of the community, insufficient resources to promote youth participation towards sporting-recreational activities, insufficient employment of different recreational disciplines, little willingness of young people in the community to join the practice of sports activities recreational, low readiness towards the execution of the different tasks proposed during the activity, as well as little effort to the expiration of the objectives and tasks raised in the activities.

To respond to the problems observed, this work proposes as objectives:

- 1) Diagnosis of the current state of motivation towards sports-recreational activities in the young people of the constituency 15 of the Community "La Risueña".
- 2) Selection of actions to enhance motivation towards sports-recreational activities in young people in the constituency 15 of the "La Risueña" Community.
- 3) Assessment of the feasibility of the proposed actions.

## 2 Materials and Methods

The research was carried out in the categorized neighborhood "La Risueña" in constituency 15 composed of three zones on 221, 129, and the 165th of the José Martí Norte Popular Council belonging to the Municipality of Santiago de Cuba, linked to the Deportivo Combine micro-2, which has a youth population of 250 subjects of them selected an intentional sample of 90 young people between 16 and 20 years old, representing 36%, of which 50 women for 55.5% and 40 men for 44.4%, being the same significant for the purpose raised, as well as its four recreation teachers. The work is based on materialism-dialectical and privileges the qualitative paradigm, although it uses some methods and techniques useful for the purposes pursued, of the quantitative paradigm.

The study used different methods and techniques, including:

Observation: to different sports-recreational activities to see how the process of motivation towards them develops.

Review of documents: to analyze the program and methodological orientations of Recreation and the Indications of the Inder regarding the structuring of the recreational sports program in the community.

Techniques:

Group interview: to managers and teachers of Recreation, to obtain information on the existing problem to sports-recreational activities in the Popular Council. North in the community of "La Risueña"

Survey: it was used to know the opinion of young people about sports-recreational activities in the Northern People's Council in the community of "La Risueña, as well as their tastes and preferences.

D.S.Butt Sports Reasons (adapted): Used to diagnose the motivation level of the subject of the research.

The technique of the 10 desires: used to determine how young people's wishes for the practice of sports-recreational activities in the community La Risueña behave.

Discussion Group: made it possible to see the need to open spaces for reflection and dialogue, as mechanisms for professional exchange in the field of sports-recreational activities in young people and to seek consensus on the proposed actions, the verification, and assessment of their feasibility.

The research was guided by the following diagnostic indicators:

Conception and development of sports-recreational activities in the community

Theoretical- methodological preparation of the teacher of Recreation to develop sports-recreational activities from the community context.

Contribution of the community context, to the participation of young people towards sports-recreational activities.

Cognitive, affective, and behavioral development of the young person to sports-recreational activities for his personal development.

### 3 Results and Discussions

#### *Integration of the techniques used*

13 sports-recreational activities carried out by teachers in the community were observed, through an observation protocol, representing 100%. It could be seen that there is poor preparation of the teachers of recreation in the animation of the activities, their techniques, and methodology that allow them to develop their activities, despite giving good promotion to these and responding in some cases to the tastes, needs and recreational preferences of young people, these teachers do not reach the satisfaction of the participants, for their activities not developing motivated and participatory. Despite having the activities planned, do not use animation techniques, they waste a lot of time on links from one game or one activity to another, are not clear and accurate enough in the explanations and do not take into account the methodology for the preparation of recreational teachers, so it can be seen that they lack mastery and preparation as recreational animators. In the activities observed, the participation of young people was acceptable, but they were not motivated by the activity causing apathy, that the young people would retire due to lack of animation that allowed an easy understanding between the teacher and the participant (Latu *et al.*, 2013; Sale *et al.*, 2009; Adorno *et al.*, 2009).

The integration of the collected information allowed the precision of the following diagnostic conclusions:

Most of these young people are unmotivated by the group's activities, as they do not know the importance of their orientation in their questions and needs, and the lack of skills by teachers and the animator to develop a motivational dynamic that focuses on young people's attention on scheduled community activities (Biddle *et al.*, 2010; De Hert *et al.*, 2001).

The aspects presented constitute the contextual framework in which the process of Recreation in the youth of the community La Risueña takes place in the constituency 15 of Santiago de Cuba, which became reasons for the imminent need to transform this process differently.

#### *Proposal of actions to motivate young people towards the sporting-recreational activities of the constituency 15 in the community "La Risueña" of Santiago de Cuba*

Sports-recreational activities are based on actions that contribute to socialization among participants, producing a link and identification with the recreational process and at the same time with the environment, which leads to the best enjoyment and knowledge of the recreational offer and consequently increases the level of satisfaction of individual expectations and social integration (Alcivar *et al.*, 2020; Anrai *et al.*, 2011). Through the proposed actions, one can organize in a conscious, intentional, and planned way those that will be carried out in the community, contributing to the solution of the problems of young people. They lead to reinforcing motivational - affective functions; they should also promote alternatives, ways to prepare them, and acquire knowledge, habits, and skills; it also allows the factors involved to work cohesively, leading to the participation of practitioners.

Action 1: "Choosing My Recreational Animator".

Objective: to stimulate youth participation through recreational animation in the community.

Materials: audio equipment, music equipment, and music CDs.

Development: summon the young people concerned by the community to be a recreational animator.

Methodological orientation: when this action is missing activities do not fulfill their character as a show, they do not achieve the desired impact, they are not motivating.

Action 2: "The Kickingbol Game in My Community".

Objective: to raise the motivation and participation of young people in sports-recreational activities in the community.

Materials: Balls.

Development: Two teams of 10 players will be formed and a Kickingball game will be made.

Methodological orientation: It will be played on the free terrain of the community area with the measurements adjusted.

#3 action: "Sports Tourism".

Objective: to incorporate the young people of the "La Risueña" community into the practice of different events that sports tourism has, emphasizing in the care of the environment.

Materials: ropes, volleyball balls, polypuma, chalk.

Development: young people interested in participating in the different events in which they compete will be taught, such as: knots and moorings, recreational trial, beach volleyball, guidance by natural signs, raft relief, rope traction, cooking survival (a change of activity will be made as it will be done on the Gascon River)

Methodological orientation: the activity will be competitive for participants to be attracted, winners will also be rewarded with community initiatives.

Action #4: "My Community Dances".

Objective: to relate the young people of the different CoRs to share their needs, motives, and interests, thus developing socialization, through dance competitions.

Materials: audio and music equipment.

Development: Young people are explained to be given creativity and initiative among couples and dance groups. It will use varied music.

Methodological orientation: the animator must perform the dance competition harmoniously, also, participation games will be held through the music.

Action 5: "The Dominoes among Young People"

Objective: To carry out dominoes skills to exchange with young community participants contributing to the improvement of motivation through friendly caps.

Materials: dominoes games, tables, and chairs, or in the area intended for the execution of the activity.

Development: for the development of this action teachers should coordinate with the teachers of Recreation working in that area and with other socializing agents to ensure the necessary materials.

Methodological guidance: several rounds of games will be organized to select the winning duets based on the scores obtained (games won), care will be taken not to commit fraud.

Action 6: "Pre-sport games".

Objective: to hold sports matches with a competitive character of recreational volleyball games, baseball, football where sports- recreational and cultural are highlighted contributing to its training and integration into society.

Materials: volleyball, football, baseball, gloves, bats, net, ground markers.

Development: the games will be held between teams of the different CoRs of the constituency with the young participants, taking into account the tastes and preferences of each, recreation teachers must perform the coordination in the established time.

Methodological Guidance: The rules and arbitration of each game will be adapted to the characteristics of the players and the terrain where the activity takes place.

Action 7 "Recreational Sports Festival"

Objective: To carry out different recreational sports events in correspondence with the needs and interests of the community, developing socialization through participation.

Materials: balls, flags, balls, chalks, ropes, dominoes, checkers, chess, parchis, corotos, cards, gloves, hoops, Swiss, music, and audio equipment.

Development: they will be organized into different teams and groups according to age and the activities that are going to be carried out, which will be led by teachers and recreation activists in full coordination with the factors of the community.

Methodological orientations: the rules of each game or activity will be in correspondence with the characteristics of the players and the terrain where the activity takes place, during their development participants will be able to introduce variants. Teachers will be responsible for maintaining the organization and motivation of the activity. The fundamental purpose for the realization of this investigative experience was to determine the possibilities contained in the proposal of sports-recreational actions presented; to create the change in young people towards recreation in the community under study in general and, in particular, to see its viability regarding the understanding of the importance of their practice for the improvement of their quality of life of practitioners of the constituency 15 of "La Risueña.

## 4 Conclusion

There are limitations in terms of motivation towards sports-recreational activities in young people, which was corroborated by the different theoretical references on which research is based. The results of the diagnosis made it possible to know the inadequacies of the methodological and educational order existing in the preparation and implementation of actions with young people in constituency 15 of "La Risueña" of the Northern People's Council of the Combined Sporty micro-2. The actions selected are aimed at enhancing the motivation of young people from a participatory, democratic, and interactive point of view. The feasibility of actions to enhance the motivation of young people towards sports-recreational activities in the "La Risueña" community was verified through observation, survey, and discussion group; through the implementation of the actions, positive transformations were achieved in young people, resulting in a greater sense of responsibility, personal participation and understanding of social significance in the activities carried out.

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