

EVOLUTION OF THE DEVELOPMENT OF THEORETICAL APPROACHES TO THE CONCEPTS OF RECREATIONAL-TOURIST AND MILITARY-RECREATIONAL ACTIVITIES

Annotation

The article provides a detailed analysis of scientific definitions and opinions of scientists from different time periods regarding "recreation", "tourism" and "military recreation". The modern trends where these concepts have become used in combination or as complementary synonyms are revealed, the necessity of introducing the term "Ecorecreation" into scientific circulation and into practical activity is justified with the author's interpretation, the need for widespread use of the term "Ecorecreation" is proved, which will be accompanied with a new territorial organization of activities using natural territories – that is, the creation of "ecorecreation zones".

Keywords: recovery, rest, free time, leisure, recreation, working time, needs, military recreation, tourism, working capacity.

Introduction. To date, a widely discussed issue in the scientific community is the identification of the essence, scope and depth of the concepts of "military recreation", "recreation" and "tourism". The reason for such interest and controversy regarding these terms, in our opinion, is the fact that there is no single generally accepted interpretation of these terms.

The development of the world economy, the intensification of globalization processes has created a favorable ground for the development of the tourism industry. In this regard, it should be noted that in the pre-pandemic period, the tourism industry ranks third in the world in terms of revenue, behind the oil industry and the automotive industry, that is, its share of tourism accounted for about 5% of world GDP, 30% of world consumer spending, 35% of total investment, 30% of world exports of services, this is about 1 trillion US dollars. Despite the rather difficult socio-political situation prevailing in the world, the tourism industry continued to develop dynamically and demonstrate resistance to various negative factors and growth. This state of affairs has led to the development of various types of tourism and sometimes, when determining the essence in the development of programs for the development of the tourism industry, serious problems began to arise in terms of the use of the conceptual and terminological apparatus of "military recreation", "recreation" and "tourism". In many ways, the rapid development of "recreation" contributed to the confusion. The acceleration of the pace of life of society, stress, overstrain, urban noise, polluted environment and other negative factors have negatively affected the physical and spiritual health of a person, which in turn has led to an increase in the need of a person and society as a whole to restore strength and health. In this regard, it should be noted that the development and emergence of new types of "recreation" could contribute to confusion and complexity in terms of the use of the terms "military recreation", "recreation" and "tourism". That is why there is an urgent need for a detailed analysis of these terms.

The purpose of the study. To identify trends in the development of theoretical approaches to the concepts of recreational-tourist and military-recreational activities

Research methods. *The analysis of the conceptual and terminological apparatus of "military recreation", "recreation" and "tourism" is basic and can be regarded as a fundamental issue in the creation and development of "recreation" and "tourism". That is why the study of the bottom issue required a scientific one. In the process of studying the scope of the concept of "recreation", historical and journalistic methods were applied, which allowed to review the scientific literature and identify the main trends, the evolution of basic terminological approaches*

to "recreation" and "tourism" and to determine the factors whose influence contributed to these processes.

To identify current trends in the use of the terms "military recreation", "recreation" and "tourism", a comparative philosophical method was used, which was taken as a basis for solving the following research tasks:

- to determine the essence of the concept of "recreation";
- define the boundaries and scope of "recreation";
- analyze whether there are differences between "recreation" and "rest";
- determine whether "tourism" is part of recreation;
- analyze the essence of the concept of "tourism";
- to analyze the current trends in the development of "military recreation", "recreation" and "tourism" and their impact on changes in the conceptual and terminological apparatus;
- analyze the impact of COVID-19 on changes in the conceptual and terminological apparatus.

The results obtained.

In the process of studying the conceptual and terminological apparatus of "military recreation", "recreation" and "tourism", the following results were obtained:

1. As a result of the analysis of the concepts of "military recreation", "recreation" and "tourism", we have developed the following periodization of the evolution of these terms:

- in the late 50s and early 60s of the twentieth century, "recreation" is the restoration of human strength and health in specialized territories;
- in the 70-90s of the twentieth century, "recreation" is a large-scale concept and does not require leaving the place of permanent residence, and "tourism" is part of this vast concept;
- In the 2000s, the concepts of "recreation" and "tourism" began to be increasingly identified and used as a complementary concept, for example, "recreational-tourist" or "tourist-recreational";
- The XXI century is conditioned by the increasing globalization of the economy, which contributed to the sharp growth and development of the tourism industry as an independent branch of the economy. At the same time, the role of "recreation" as the most effective method of restoring a person's physical and emotional health and improving the quality of labor resources is also increasing;
- "military recreation" - restoration of the physical and spiritual forces of the personnel spent in the course of service in the system of military and paramilitary structures, rehabilitation, patriotic education and arming young people with survival skills in various conditions.

2. Study of the effect of the COVID-19 coronavirus on the terms "military recreation", "recreation" and "tourism" and the following results were obtained:

- the organization of the process of restoring the physical and psycho-emotional health of a person who has suffered the COVID-19 coronavirus requires the creation of completely new types of recreational activities. In this regard, the authors proposed to introduce the term "eco-recreation" into scientific circulation and into practical activity;
- the author's interpretation of the term "eco-recreation" is proposed as - the restoration of the physical and spiritual forces of a person spent in the process of work and everyday life, focused on visiting relatively unaffected by anthropogenic impact of natural territories;
- it is reasonable that the development of "eco-recreation" will contribute to the formation of "eco-recreational zones". Which, in turn, will become a mechanism for combining two types of use of the territory: environmental and recreational.

Analysis and discussion of the results.

The term "recreation" comes from Lat. recreatio – restoration and for frequent, it means the restoration of the physical spiritual forces of a person spent as a result of active labor or other activity. [18] According to the dictionary "LarousseDictionairedelanguEFRansaire" "Recreation is a refreshment, recovery after work by having a good time, doing exercises, as well as a pastime that will allow you to distract yourself, relax, have fun." [12] According to N.F. Reimers "recreation" is not only the restoration of the forces spent by a person, but also the process of accumulating new reserves of emotional and physical health.

The term "recreation" has become quite widely used in the scientific and journalistic literature since the late 50s and early 60s of the twentieth century. With the development of economies and the

industrialization of countries, the need to clarify the essence of "recreation" only increased. So, for example, in his works Reimers N.F. reveals the distinctive sides of the concepts of "rest" and "recreation", in his opinion, recreation is that part of the unoccupied time that is aimed at restoring human strength in specialized territories, outside the main place of residence.

Speaking about the analysis of the term "military recreation", we note that G.A. Gomilevskaya investigated the issues of the development of military-historical tourism, and, in her opinion, the conceptual and terminological apparatus of military-historical tourism incorporates two basic approaches:

1. Passive approach – based on the principles of not using physical forces to meet the needs for new experiences.

2. Active approach – based on the development of the physical condition and strength of a tourist with active movements.

Analyzing the scientific literature on the conceptual and terminological features of "rest" and "recreation", we note that Mironenko S.N. and Tverdokhlebov I.T. also tried to bring some clarity to these concepts and place special emphasis on the concept of "free time" because, in their opinion, "recreation is a set of phenomena and relationships, arising in the process of using free time for recreational, educational, sports and cultural and entertainment activities of people in specialized territories located outside the locality, which are their place of permanent residence." [7] D.V. Nikolaenko, on the other hand, highlights the differences between "recreation" and "rest", noting that in order for ordinary rest to become "recreation", it is necessary to leave the limits of one's place of residence to restore physical and spiritual strength in specialized territories. [8] Also note that "recreation" is an extensive concept, but not so well-known and emotional, therefore, according to A. S. Kuskova[5] It better meets the tasks of empirical and applied research, and unlike "recreation", "rest" is a concept firmly established in practical usage and is often used as a fundamental concept along with the concept of "work".[5]

Today, the term "tourism" is increasingly used as an independent sphere of economic activity. Analyzing the correlation and essence of the terms "tourism" and "recreation" from the position of "strong tourism", I would like to note that the confusion and misinterpretation of these terms further strengthens the need for scientific clarity to these terms. For example, A. S. Kuskov identifies social (socio-economic) components and biological components as the main differences between "tourism" and "recreation".[5] He also notes the current trend in the modern Western scientific environment, where the very concept of "tourism" is separated by "pure tourism", "pure recreation", a transitional form – recreational or health tourism and borderline types of tourism. [5] Cultural and educational, sports, religious - occupy an intermediate position between "clean" and recreational tourism, others (trips to the country) are located on the border between recreational tourism and "clean" recreation. [5] At the same time A. S. Kuskov believes that "tourism" has a clear economic component, and "recreation" - a social one, for this reason their volume ratio is not correct in his opinion. In addition, A. S. Kuskov claims that "tourism" is outside the boundaries of recreation. [5]

The opposite opinion is held by D.V. Nikolaenko, noting the fact that the modern trend of labor organization, the pace of life itself unwittingly erase the fine line of differences between "rest" and "recreation" given this, "recreation" and "rest" can safely be considered synonyms. [8] The same opinion was expressed by I.I. Dedyu, saying that "rest" and "recreation" are identical concepts and are synonyms. [1]

It should be noted that "recreation" is such a broad concept, and needs a classification of the scope of its interpretation. In our opinion, the most understandable and specific classification of the definition of "recreation" was given in the tourist dictionary by I.V. Zorin and V.A. Kvartalnov. They identified six interpretations of the term "recreation":

- Extended recovery of physical, emotional, psychological and intellectual powers of a person;
- Gaming, entertainment and other forms of restoration of physical, emotional, psychological and intellectual powers of a person;
- An active type of recreation that allows you to quickly restore both physical activity and the psycho-emotional state of a person;
- Holidays, breaks at work or changes in educational institutions;
- Organized recreation involving visits to specialized recreational facilities or territories;
- Medical recreation restoration of health in medical institutions, etc.

Often the term "recreation" in the scientific literature is used in combination with the term

"tourism" - "recreational-tourist".

So what is the place of "tourism" in this industry?

Before we begin the terminological analysis of "tourism", we will determine who a "tourist" is. In our opinion, the clearest definition of this term was given by V. Smith and M. Vrent, namely, "tourist" is "a temporarily vacationing person who travels away from home to change the situation." Although, in our opinion, temporary rest is supported by a material component, because, leaving the place of permanent residence, a tourist consciously and voluntarily, depending on the type of tourism chosen by him, bears transportation costs, the cost of purchasing tickets to visit historical landmarks, theaters, cinemas, etc. Swiss scientist K.Kaspar considers a "tourist" as a subject of tourism, who is a consumer of tourist services and one of the two fundamental factors of the tourist system, and the second fundamental factor in his opinion are the objects of tourism. They consist of:

- tourist region;
- tourist enterprises;
- tourist organizations.

The Law of the Republic of Uzbekistan "On Tourism" clearly states the status of a "tourist" as an individual visiting the country (place) of temporary stay, who is not engaged in activities related to obtaining income from sources in the country (place) of temporary stay for a period of twenty-four hours to twelve months in a row or carrying out at least one overnight stays in the country (place) of temporary stay" [1]

It should be noted that there is another concept closely related to the concept of "tourist" - this is "leisure", because it is "leisure" its duration and frequency that is a significant factor in motivating a person for a tourist trip. In essence, in our opinion, "leisure" is a period of time during which a person is not engaged in daily work, worries, work and it is not associated with enrichment and income. Although Gavrishcheva E.A. gives the following definition of the term "leisure": - "The time remaining for an individual after work, sleep and performing other tasks necessary to ensure a normal life," thereby she puts time limits on "leisure" as a short-term phenomenon, which in our opinion does not fully correspond to the essence of this term. Of course, we do not deny the fact that "Leisure" can be interpreted both in a narrow sense as a short-term phenomenon and in a broad sense as a time (weekend) during which a person can visit natural, historical sights, leave the permanent residence.

It should be noted that in the age of the development of the World economy, the strengthening of cooperative ties, the globalization of the economy, the role of the tourism industry in the global GDP is increasing. The increasing influence of the tourism industry on the economies of countries has also contributed to changes in the terminological interpretation of "tourism".

For the first time, the definition of tourism was given by professors of the University of Bern, K. Krapf and V. Hunziker. In their opinion, tourism is "a series of phenomena and relationships that arise as a result of people traveling as long as it does not lead to permanent residence and is not associated with obtaining any benefits." [3]

"Tourism" in its content is a deep and multifaceted concept, therefore, there are a lot of definitions of this term, which sometimes make you think about some specific aspects of this industry. In our opinion, this situation in the terminological interpretation is connected precisely with the diversity of species in the tourism industry, that is, depending on the specifics of a particular type of "tourism", the terminological interpretation of "tourism" also changes. So, for example, in tourism management, the interpretation of the term "tourism" given by Macintosh in the late 70s of the twentieth century is often used (in various interpretations) as – branches of science, art and business that are aimed at attracting, transport organization of tourist activities in order to "kindly" satisfy tourist needs and desires of tourists." If we consider "tourism" within the framework of the economy as a whole, then it is a significant and large part of the economic system. The distinctive side of "tourism" as an economic system is the fact that it has many direct and indirect links both within the national economy and with the world economy. [5]

"Tourism" is also considered in the social and cultural spheres. Here it acts as an interpersonal relationship activity. It should be noted that globalization makes it possible to strengthen interpersonal ties in the life of society, that is, it also ties in the economic, political and cultural spheres. [5]

According to the official definition adopted by the UNO in 1954: "Tourism is an active form of recreation for the restoration of physical strength and health associated with departure from a permanent place of residence." A broader description of "tourism" was presented by the Academy of Tourism in Monte Carlo: "Tourism is a general concept for all forms of temporary departure of people from their place of permanent residence for recreational purposes, as well as to satisfy cognitive interests in their free time or professional and business purposes without engaging in paid activities in a temporary residence".[5] This definition, to some extent, erases the fundamental differences between tourism and recreation, but "recreation" does not require mandatory movement from a permanent place of residence.

Confirmation of our opinion that "recreation" is a broad concept, and "tourism" is still its active part, can be served by the Hague Declaration on Tourism, which was adopted in 1989, according to which tourism is defined as the free movement of people from their place of residence and work to another place, as well as the service sector created to meet the needs arising from these movements. In 1993 The UN Statistical Commission has adopted the definition of tourism, approved by the WTO and widely used in international practice: "Tourism covers the activities of persons who travel and stay in places outside their usual environment for a period not exceeding one year for the purpose of recreation, business trips," which is expressed in three main criteria tourism:

- a) travel outside the normal environment;
- b) the temporary nature of the movement;
- c) the purpose of the trip.[2]

According to the Law of the Republic of Uzbekistan "On Tourism", "Tourism is the departure (travel) of an individual from a permanent place of residence without engaging in activities related to obtaining income from sources in the country (place) of temporary stay." It should be noted that this law does not even mention "recreation", proceeding from the above analysis, we can already say with confidence that "tourism" not only has a close connection with "recreation", but is to some extent an integral part of it. In this regard, we believe that it would be advisable to define the term "recreation" in the Law of the Republic of Uzbekistan "On Tourism", which underlies the development of domestic tourism in the country.

Today, the process of urbanization has accelerated all over the world, which has led to an increase in the role of cities in society, such specific terms as, for example, "urban lifestyle", "urban diseases", etc. have appeared. Indeed, residents of cities, megacities are constantly in emotional and psychological, stressful situations and experience high fatigue, which contributes to the development of various kinds of diseases.

As a result, there is a need for recreation, which manifests itself not only in restoring vitality, but more importantly, contributes to improving human performance and, as a result, leads to an increase in labor productivity.

The right to rest is one of the basic human rights enshrined in the constitutions of most countries of the world. In Uzbekistan, the right of citizens to rest is enshrined in article 38 of the Constitution of the Republic of Uzbekistan. As the President of the Republic of Uzbekistan Shavkat Mirziyoyev noted, "... using the available opportunities and potential, the experience gained during the pandemic, as well as advanced foreign achievements, to raise the cordial reforms in the field of public health protection and promotion to a new level. At the same time, one of our most important priorities should be the widespread adoption of a healthy lifestyle among the population, especially young people." Indeed, the coronavirus pandemic has once again made the whole world think about the health of its preservation and restoration.

Terminological analysis of the recreational and tourist industry has shown that today this area is becoming particularly relevant, it is developing rapidly. With the development of the recreational and tourism industry, the need for scientific rethinking of the key parameters of this sphere, including terminological innovations, is also increasing. At the time of March 2021, more than 118 million people in the world were infected with coronavirus, of which about 67 million people in the world recovered. [19] However, a specific feature of this virus is its negative and long-term impact on the human body, and this in turn increases the needs of people who have had this disease to carry out short-term, medium-term and long-term rehabilitation treatment. At the same time, recovery

is required not only for the physical condition of a person, but also for psychoemotional. But it should be noted that the needs for "ecotourism" (which is still based on active outdoor recreation) in the new conditions of the coronavirus, they acquire a new vector of development. People who have been ill with coronavirus have a physical weakening of the body and therefore active rest loses its relevance. At the same time, there is a need for a harmonious connection of man and nature, a desire to heal not only their body, but also to restore their psycho-emotional state, to revive a sense of "taste for life" and readiness to live on with new strength. All this suggests that fundamental changes have taken place in the life of society, which require other more perfect solutions, including the development of new types of recreational and tourist activities and territorial entities.

In this regard, the author proposes to introduce into scientific and practical use the term "eco-recreation" with the author's interpretation - the restoration of the physical and spiritual forces of a person spent in the process of work and everyday life, focused on visiting relatively unaffected by anthropogenic impact of natural territories. At the same time, the author suggests using the term "eco-recreational zone" as well. At the same time, it should be noted that the eco-recreational zone will objectively be a mechanism for combining two types of use of the territory: environmental and recreational, which causes peculiarities of approaches to the analysis of investment and other projects implemented in them. As for the creation and formation of an eco-recreational zone, the key issue will be the investment attractiveness within the framework of strict environmental management restrictions. As a general rule, the value of the natural environment cannot be revealed directly through market prices and through willingness to pay. The reason for this state of affairs is its services and resources, which, of course, are not directly bought. But the ecological value can be revealed indirectly through the analysis of consumer decisions about those goods and services whose characteristics are interrelated with the quality of the environment.

Conclusions and suggestions.

Based on the results of the study, the following conclusions are made and suggestions are given:

1. The concept of "free time" and "recreation" have a certain difference, because "free time" is not always aimed at "recovery", however, one cannot deny the fact that "recreation" is a set of those phenomena and relationships that arise in the process of using free time. In this regard, we believe that these two terms have a strong connection, that is, the availability of "free time" is the main condition for the implementation of recreational activities, while the duration of "free time" is not the basis for "recreation", but only determines the choice of one or another of its types.

2. The analysis of scientific discussions concerning the terms "rest" and "recreation" allows us to believe that "rest" and "recreation" are identical concepts to each other, although in broad usage the use of the term "rest" has really acquired a fundamental character and is closely related to the concept of "work", and the term "recreation" has an applied character. In this regard, we suggest using the terms "rest" and "recreation" as synonyms involving the restoration of physical, spiritual and psycho-emotional forces.

3. The modern development of society, the development of the world economy has led to the strengthening of the role of "tourism" as a separate system already functioning outside of "recreation", the peculiarity of which is its impact on the cultural and economic development of countries and their regions. "Recreation" is an area that has a social and natural-ecological character. It should be noted that its role in solving social and environmental issues is increasing every year.

4. Our research allows us to draw conclusions about the scale of "recreation" and "tourism". "Tourism" is a deep concept and is not mediocre related to the standard of living of the population, however, "recreation" is a very broad concept, the implementation of which has neither temporary nor territorial boundaries.

5. The restoration of the physical and psycho-emotional state of a person who has suffered the COVID-19 coronavirus requires the development of new types of "recreation" that allow the most effective impact on the human condition. In this regard, we have proposed in scientific and practical use the term "eco-recreation" with the author's interpretation - the restoration of the physical and spiritual forces of a person spent in the process of work and life, focused on visiting

relatively unaffected by anthropogenic impact of natural territories.

6. The development of "eco-recreation" will become the basis for the creation and development of "eco-recreation zones". A feature of the development of such zones will be the combination of two types of use of the territory: environmental and recreational. This, in turn, will not only increase the tourist and recreational attractiveness of the territory, but also investment.

Literature

1. Закон Республики Узбекистан «О туризме».
2. Beeton, Sue (2006) Community Development Through Tourism, Victoria (Australia): Landlinks Press. 246 p.
3. Биржаков М.Б. Большой глоссарий терминов международного туризма / М.Б. Биржаков, В.И. Никифоров. - М.-СПб.: Невский фонд-Герда. 2006.- С. 53.
4. Зорин И.В., Квартальнов В.А. Энциклопедия туризма: Справочник.- М.: Финансы и статистика, 2000.- С.440 .
5. Кусков А. С.Туристскоересурсоведение: Учебник для студ. высш. учеб. заведений / Алексей Сергеевич Кусков. – М.: Издательский центр «Академия», 2008. С.19.
6. McIntosh R. W., Goeldner Ch. R., Tourism. Principles, Practices, Philosophies. John Wiley&Sons Inc. USA 1986.
7. Мироненко Н.С., Твердохлебов И.Т. Рекреационная география. - М.: МГУ, 1981. – С.90. 208 с.
8. Николаенко Д.В., Николаенко Т.В. Введение в рекреационную географию. - Харьков: Международный славянский университет, 1998. –С. 14. 193 с.
9. Nozim Muminov., Tatyana Kim., FarmonqulEgamberdiyev., AnastasAmbartsumyan (2020). THE WAYS OF IMPROVEMENT OF LIVING STANDARDS. International Journal of Psychosocial Rehabilitation. Vol. 24, Issue 04, 1950-1953. ISSN: 1965-1980. DOI: 10.37200/IJPR/V24I4/PR201305
10. Smith V., Brent M., (eds.) Hosts and Guests Revisited: tourism Issues of the 21st Century, Cognizant Communication Corporation, USA 2001.
11. Биржаков М.Б. Большой глоссарий терминов международного туризма / М.Б. Биржаков, В.И. Никифоров. - М.-СПб.: Невский фонд-Герда. 2006.- С. 53.
12. Гавришева Е.А. тенденции формирования и функционирования рекреационно-туристического комплекса Новгородской области :Дис. ... канд. Экон. наук : 08.00.05.- Новгородский государственный университет имени Ярослава Мудрого. С.9-11.
13. Дедю И. И. Экологический энциклопедический словарь.- Кишинев: Гл. ред. Молд. сов.энцикл., 1990. 406 с.
14. Зорин И.В., Квартальнов В.А. Энциклопедия туризма: Справочник.- М.: Финансы и статистика, 2000.- С.440 -368 с.
15. Кусков А. С.Туристскоересурсоведение: Учебник для студ. высш. учеб. заведений / Алексей Сергеевич Кусков. – М.: Издательский центр «Академия», 2008. С.19-25.
16. Мироненко Н.С., Твердохлебов И.Т. Рекреационная география. - М.: МГУ, 1981. –С.90. 208 с.
17. Николаенко Д.В., Николаенко Т.В. Введение в рекреационную географию. - Харьков: Международный славянский университет, 1998. –С. 14. 193 с.
18. Худяков Н.Б. Эколого-географические подходы к формированию региональный рекреационных систем .На примере Ивановской области : Дис. ... канд. геогр. наук .-М.: РГБ, 25.00.23. 2005 С.14.
19. www. gazeta.uz на 10 марта 2021.