

## Trends of Elderly towards Participation in The Recreation Festivals

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The research aims to identify the Trends of Elderly Towards Participation in The Recreation Festivals And Their Impact on Increase Demand on Exercise and Recreational Activity, of participants in the annual recreation festival, Located in Giza Governorate, According to some variables (Gender, age, academic qualification, recreational practice, sports practice, geographical location, place of residence), The researcher used the descriptive method, And selected a sample include (73) of "Elderly" randomly way from the participant's, The researcher used the "trend scale" (as a tool) to collect data, The researcher Concluded **Trends of Elderly Towards Participation in The Recreation Festivals**, of Participants in the festival.

**Key Words:** Recreation Festivals; Elderly; Trends.

### Introduction and Research Problem:

The developed countries are concerned with the establishment of recreational festival activities for the "elderly", which aim at providing opportunities to invest the leisure time available after completing the burdens that have resulted from working before retirement or the family before the separation and stability of the children, Through the efforts of educational institutions that seek to provide sports services and recreational programs for the elderly, and to provide opportunities to meet and communicate and to develop relationships that help them to share knowledge related to these preferences and to rediscover their abilities and skills, Reflecting the extent of the society's interest in seniority and the social roles they have played throughout the years of work of society And facilitate the preparation of generations of leaders to complete the process of construction and giving

As indicate by Both "**MOHAMMED AL-HAMAHMI**" and "**AIDA ABDUL AZIZ**" (2009) That the institutions have an important role to facilitate the exercise of recreational programs for participants through a series of duties towards the achievement of recreational activities and objectives, and the most important to provide the possibilities and facilities that exercise recreational activities from the playgrounds and multi-playgrounds and the

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establishment of a library of diverse cultural sources and topics, And set up some Theatrical or cinematic performances, the provision of specialists in various recreational activities, and the formation of teams and groups of Common hobbies, And interest in motivating participants, And their support for continued participation.(13: 222-223)

As seen by both "**KAMAL DARWISH**" and "**MOHAMMED AL-HAMAHMI**" (2007) That civilizations of Countries Is measured by its ability to support positive values and attitudes towards leisure as a social system with many educational functions at the social and individual levels. (10:26)

As confirmed by "**MOSAD EWIES**" (2007) The human age is measured not only by the temporal age recorded in the birth certificate, but also by the value of the human experience gained throughout the period of continuous education throughout life through educational institutions in the family, the neighborhood, places of worship, educational institutions, friends, reference groups, print media, audio and video organizations, And leisure, and joined these institutions and the media and satellite channels and the achievements of the revolution of electronic and informatics in the computer and the Internet. (16: 9)

As indicate by Both "**JENNIFER**" and "**JUDITH**" (2015) There is an increasing interest in organizing Recreation festivals, as they help to build strong and cohesive communities, especially if they can reach a wide range of participants. They contribute to social integration across four areas of society (consumption, production, political participation and social interaction) through their opportunities to share, learn new experiences and skills, and give everyone the opportunity to participate and express themselves. (20)

As indicate by "**Researcher**" that "**Recreational Festivals**" provide the opportunity for the elderly to share their experiences and provide opportunities for the community to benefit from their knowledge and experience and to reap the benefits of their years of work and production, as a result of the different roles they can share during recreational festivals, which include various sports, artistic and cultural programs during the festival.

As seen by "**FAROUK ABDEL WAHAB**" (2012) That the goal of sports and recreational practice for adults (Over 60 years) is the maintenance of the state of internal organs and vitality and non-damage and the continuation of activity for longer years has been scientifically proven that the physiological changes

that occur in sports training for the elderly is exactly similar to those changes for young people and adults in terms of improving the organs of the body. (8: 50)

As Confirm by "**ATTIYAT KHATAB**" (1990) That sports and recreational practice is a very important factor for the elderly to prevent atherosclerosis of the seriousness of all parts of the body and the most important brain, a person can die in a young age Physically, but after living long, age no matter how progress does not prevent the acquisition of fitness. (7: 67-69)

As seen by both "**SALWA ZAGHLOUL**" and "**FATEN KAMAL**" (2009) The "**Trend**" is the emotional state of the individual, which is formed based on his beliefs and perceptions on a subject. This situation often leads to a number of responses that determine the extent of the individual's rejection or acceptance of the subject. (5: 147)

As indicate by "**MAHMOUD TOLBA**" (2010) the concept of "**Trends**" represents an educational importance because it is one of the most important types of socialization process that deals with the direction of the individual towards ways and the methods of exercising recreational activities during leisure time throughout its life. (14: 317)

As Confirm by Both "**JENNIFER**" and "**JUDITH**" (2015) The need to establish the events "**Recreational Festivals**", Because it has advantages and gains can be summarized in several points and the most important opportunities for networking and building social relations or social capital, and participate in celebrations of various events, providing opportunities for economic results, including the creation of jobs and attract participants to new sites, Or social media to participants through their own promotion and marketing programs. (20)

As indicate by "**MASSAD EWIES**" (2007) That the specific needs of physical determinants of personality are provided by sporting recreational activities, the special needs of psychological and emotional determinants are met by recreational activities of all kinds, The needs of social determinants are met by many activities in which each person plays specific roles that contribute to the development of his or her social personality. Therefore, we invite everyone to have at least **Four Hobbies**: Sports hobby, a cultural hobby, an artistic hobby, and a hobby of a social nature that is practiced with an

organized group under the supervision of specialized professional recreational leaders. (16:20)

Through The Experience Of The "Researcher" And His Work On The Organization Of Many Events And Recreational Festivals Offered Through The "Educational Institutions" Working To Care For (The Elderly) And To Provide Programs According To Their Wishes And Tendencies Was Motivated To Study "**Trends Of Elderly Towards Participation In The Recreation Festivals**", Where "**Recreational Festivals**" Are Characterized By The Inclusion Of Their Activities On Different Programs (Sports, Cultural, Artistic, And Social) Are Combined At The Same Time, And The Objectives Allow Participants To Meet Their Needs And Satisfy Their Desires, Which Encourage Them To **Re-Discover** Their Abilities, Skills And Talents, And The Nature Of **Recreational Festivals** Provide Opportunities To Meet And Exchange Roles And Build Social Relations That Return Them To Social Participation And Their Cooperation To Feel Happy And Satisfied And Face Their Problems Resulting From Aging.

#### Scientific importance:

- Providing information to assist the responsible for the services and sports recreational programs in **Educational Institutions**, to planning programs for investment leisure time of "**Elderly**", which increases their effectiveness and achieve their goals.
- One of the sources of important scientific information Which reflects the community's interest in the "**Elderly**", and the social roles they have played throughout the community's working years Before retirement.
- Comparison of trends towards **Recreational Festivals** according to the different "**Variables**" and their relationship to the nature of recreational activities.
- This research provides new information on how to benefit from Events of Recreation activities Combined in effectiveness "**Recreational Festival**".

#### Applied Importance:

- Detecting "**Trends**" of "**Elderly**" Towards Participation in The Recreation Festivals, and the opportunity to rediscover their abilities and skills.
- Helping "**Elderly**" after retirement and social stability of their children to meet and communicate and the formation of relationships that help them to share knowledge associated with those preferences.
- Providing "**Information**" to help those "**Responsible**" about nature of "**Recreational Festivals**" and their role in investing *leisure time* that available to the "**Elderly**", and the possibility of investment in gaining

economic results from creating jobs and attracting participants to new sites.

- The role of "**Recreational Festivals**" in the "**Delivery**" of *advertising or social messages* to the participants through the *promotion and marketing* programs resulting from the effectiveness of opportunities to meet between "**Producers**" and "**Users**" of various services.

### Research Goal:

The **Research Aims** to Observation *Trends of Elderly towards Participation in The Recreation Festivals*, through some variables (Gender, age, academic qualification, sports practice, recreational practice, place of residence, geographic location) through:

- 1) Identify the trend towards the **Concept** of sports recreational activities.
- 2) Identify the direction towards the **Objectives** of sports recreational activities.
- 3) Identify the trend towards the **Exercise** of sports recreational activities.
- 4) Identify the trend towards the **Role of Educational Institutions** towards sports recreational activities.
- 5) The **Relationship** between the trends of Elderly and the practice of sports recreational activities in the light of some variables.

### Research questions:

To achieve the **Research Objectives**, the researcher put the following questions:

1. What are the trends of "**Elderly**" Towards the **Concept** of sports recreational activities?
2. What are the trends of "**Elderly**" Towards the **Objectives** of sports recreational activities?
3. What are the trends of "**Elderly**" Towards the **Exercise** of sports recreational activities?
4. What are the trends of "**Elderly**" Towards the **Role of Educational Institutions** of sports recreational activities?
5. What is the **Relationship** between the trends of "**Elderly**" Towards the sports recreational activities through some of **Variables**?

### Search terms:

**Introducing some of the concepts and terms used in the research:**

- "**Special Event**"

Include festivals and performances that are social, it also provides opportunities for interaction between participants in their activities, and the convergence between groups of special groups. (13: 113)

– **"Recreation Festival"**

A range of recreational activities Which includes sporting, artistic and cultural activities, its activities are usually held in open spaces, allowing all participants to communicate and Forming friendships, exchanging experiences, integrating and meeting needs Towards a feelings of belonging to society, Unity and interdependence. (Researcher)

**Related studies:**

1. Study of "**MAHMOUD HASHIM**" (2016) (15), Entitled "**Challenges and Catalysts of Physical Activity for the Elderly in the Light of Some Demographic Variables**" (An Analytical Study), Which Aims to identify the challenges that prevent many elderly from participating in physical activity, On the incentives that lead to some participate in physical activity in the light of some demographic variables for the elderly, and the descriptive method was used by building a questionnaire on a sample of 384 elderly aged between 60 and 79 years, Men (116) women aged between 60 and 79 years. **The Most Important Results Were:** The most important challenges of physical activity (Lack of vision, stress, no family encouragement, no encouragement for physical activity, belief that injury is associated with practice, lack of practice clinics, traffic congestion, poor ability to purchase sports equipment, Age Better sleep, improve balance and get rid of the risk of falling, enjoy a fun atmosphere, achieve a sense of happiness and improve public health.
2. Study of "**TAHA GAMAL**" and "**YAHYA KAMAL**" (2016) (6), Entitled "**Trends of Arab University Youth Towards beach sports**", Which Aims to identify the trends of young Arab universities towards beach sports according to some demographic variables (type, state, geographic location, place of residence) The researchers used the descriptive method and chose a sample of (137) students in the random stratified form among the students of the Arab universities participating in the first Arab University of Beach Games 2015/2016. The researchers used the questionnaire as a data collection tool. **The Most Important Results Were:** The two researchers recommended the necessity of investing leisure time for students through the establishment of festivals and recreational activities organized summer vacations, increasing the size of leisure time for students, which contribute to the development of aspects of the personality through the practice of various aspects of beach sports.
3. Study of "**REDA AMER**" (2016) (4)," **Trends of students of the Faculty of Physical Education in Port Said Towards leisure and recreation "**, which Aims to identify the Trends of students towards leisure and recreation, and used the researcher descriptive approach, the sample used 490 students. The researcher used the trend scale towards leisure time and

recreation as a data collection tool prepared by Prof. "MOHAMED EL-HAMAHMI", **The Most Important Results Were:** Students have positive perceptions of the dimensions of the scale used. The researcher recommended adding a course The concept of recreation in order to spread awareness and achieve The objectives of the recreation, and raise the awareness of the family in the issue of recreation and encourage them in their active role towards the educational education of their children, and activate the role of the university in investing students' leisure time to achieve satisfaction with life, and the establishment of more youth centers and clubs in the community to be targeted and positive towards reform and leisure.

4. Study of "AHMED ABDEL MOHSEN" (2016) (2), Entitled "**Trends of Citizens Towards Beach Sport for All**", According to some demographic variables, **Which Aims to** identify the attitudes of "**Egyptian Citizens**" towards **Beach Sports for All** according to some demographic variables. The researcher used the descriptive approach. The sample consisted of (500) citizens of beach visitors randomly selected by constructing a measure prepared by the researcher, **The Most Important Results Were:** Positive trends towards **Beach Sport for All** according to the dimensions of the scale used in collecting research data according to some demographic variables.
5. Study of "AHMED QORA" (2013) (1), Entitled "**Trends of University Students' Towards Outdoor Recreation**", **which Aims to** identify the students' orientation toward cellular recreation, the questionnaire was used as a data collection tool for a sample of 416 students. **The Most Important Results Were:** positive trends towards the recreational activities of students and the trends towards the practice of recreational activities were in favor of students.
6. study of "MOHAMMED SAIED " (2012) (11), Entitled "**Trends of Visitors Gardens and Parks Towards Leisure Activities**" According to Some Variables, **Which Aims to** identify the trends towards leisure activities according to some variables (gender, marital status, age, scientific qualification), The researcher used the descriptive approach on a sample of 428 members of gardens and parks in Cairo and Giza. The researcher used the trend scale towards leisure time as a data collection tool, **The Most Important Results Were:** differences in leisure activities for the age group (25-45), And there are differences between the sample of males and females to the female sample in the behavioral dimension, there are no differences in the variable social situation, and there are differences in favor of the stage (25) years to less than (45) years according to the variable age.

7. study of "ELHAM ABDEL RAHMAN" (2009) (3), Entitled "**Planning Leisure Time for The Elderly and The Impact On the Feeling of Satisfaction With Life**" Which Aims to identify to The impact of leisure time planning for the elderly on satisfaction with life, The researcher used the personal data form which included age, sex, income, health status, social status, education level, leisure time scale, life satisfaction measure, data collection tools. The research tools were applied to a sample of 193 elderly persons (91) elderly, (102) elderly from **FAYOUM Governorate, the most important results were:** the relative importance of leisure time planning axes and activities, where the center of family relations ranked first, followed by social relations, Religious center ranked first followed by activities only Followed by cultural activities followed by recreational activities, followed by sports activities and lastly productive activities.
8. Study of "MOHAMMED SHARIF" (2006) (12), Entitled "**Exercise and motor activity as lifestyle for Elderly**", analytical study, **Which Aims to** identify to conducting an analytical study of exercise and motor activity as lifestyle for ELDERLY, Using the descriptive approach, a sample of 495 senior citizens was selected, Data collection tools was formalized interviews, **The most important results were:** the exercise of sports activities regularly improved the level of social harmony among the elderly.
9. Study of "CHI YANG" (2014) (18), Entitled "**The Reasons and Characteristics of Sports Participation of the Elderly in Shanghai**", **Which Aims to** identify the causes and characteristics of the participation of older people in Shanghai in sports activities and physical activity, The study sample (174) of the pioneers, data collection tools was The questionnaire, **The most important results were:** The ten most popular sports activities were "**Jogging, Brisk Walking, Dancing Square, Cycling, Taiji, Badminton, Table Tennis, Hiking, Ball Gate, And Fishing**", Appreciation and belonging, love needs, self-fulfillment needs, physiological and security needs, and that older people prefer moderate-intensity aerobic activities that do not require many possibilities, equipment and athletic skills. Male participants were more active than females in terms of repetition of physical activity.
10. Study of "BETHANCOURT" (2014) (21), Entitled "**Challenges and catalysts Using physical activity for the elderly**" **Which Aims to** identify to better understand the barriers to physical activity and participate in physical activity programs among the elderly, The sample of the study (52) of the pioneers was randomly selected from the members of the health care group between the ages of 66 and 78, Use of focused group interviews for data collection, **The most important results were:** There were no significant differences between men and women in levels of participation

in physical activity programs. Facilitators were involved in the availability of motivation to maintain physical and mental health. Efforts between health care systems to promote physical activity Added to alternative ways to enhance the active lifestyle choices in general

11. Study of "**MIYOKO MATSUO**" (2002) (19), Entitled "**Effects of participation elderly in activity On quality of life**" Which Aims to establish the relationship between quality of life and personality in two groups of elderly (practitioners and non-practitioners) of physical activity, The questionnaire was used as a data collection tool and consisted of (24) items in relation to personality measurement, the measure of "**HAPPINESS**" to measure the **Quality Of Life**, and the group of (**Practitioners**) (5) the activities of the community center, learning and participation of lectures, club activity, the activity of the elderly workforce, and other activities), **The most important results were:** The quality of life responses from the group of practitioners are significantly higher than the group (**Non-Practitioners**) as expected, as the results showed that the group (practitioners) were satisfied and did not feel bored because of their lives Current, this trend was not clear for the group (**Non-Practitioners**), Practitioners should be encouraged to continue to participate in physical activity as an important factor in improving (**Quality of Life**).

### The researcher benefited from related studies:

The studies used questionnaire, personal interview and observation in the collection of information, and **the most important conclusions were:**

- Explain The Problem of the Current Research, As Well as The Community and The Sample of The Research, And Choose The Method Of Presentation And Discussion Of The Results.
- Agreed to Use the Questionnaire and Structured Interviews as A Means of Data Collection.
- Making Use of the Procedures Used, Such as Methodology, Statistical Method and Presentation of Results.
- Paying Attention to the Participants' Trends towards Recreational Activities and Programs as a Means of Investing Leisure Time.

### Research procedures

#### Research Methodological

According to The Previous Studies in The Fields of Study, The Researcher Used Descriptive Method That Conformed to The Research Objective and Procedures.

#### Research Community:

The Research Community Consists of (Elderly) Participating In The Events Of The **Recreational Festival (Sports - Artistic - Cultural)**, Organized By **Cairo University Center For The Sciences And Care Of The Elderly**, (120) Participants.

**Research Sample:**

The "**Researcher**" chose the research sample in the random manner of participants in the festival, the sample **(73) participants** (elderly) by **(60.83%)** of the participants in the festival, **(21) males** and **(52) females**, **(19) was excluded** for not complete the form data, the sample was described as shown in Table (1).

Table NO. (1), Characterization of the Research Sample from (Elderly) According to the research variables (N = 54)

Background Information Of The Respondents				Variables	
Female		Male		Gender	1
38		16			
70%		30%			
(Greater Than 65)	(55-65)	(Less Than 55)		Age "years"	2
11	29	14			
20%	54%	26%			
High University	Above Average College	Average School	Without Educational	Educational	3
37	7	6	4		
69%	13%	11%	7%		
Urban		RURAL		Residence Area	4
50		4			
93%		7%			
Internal Residence		Coastal Residence		Geographical Location	5
18		36			
33%		67%			
Non-Practitioners		Practitioners		Recreation Practice	6
17		37			
31%		69%			
Non-Practitioners		Practitioners		Sports Practice	7
12		42			
22%		78%			

**Data Collection Tools:**

- **Reference survey:**

Books, studies, research in the field of trends (Elderly) and recreation activities, the international information network, to determine the dimensions and expressions of the scale.

- **"Trends Scale" "By Researcher"**

Through the study of scientific references and previous studies on "trends, Sports recreational activities for Elderly, to determine the dimensions of the scale and the vocabulary that corresponds to the study **"Trends of Elderly Towards Participation in The Recreation Festivals"**, As shown in Table No. (2).

**Table No. (2), Sports Recreational Activities and Trends  
By References and Specialized Studies(N = 8)**

serial	Author	Title of Reference or Study Reference	Version	Ref No,
1	MOHAMMED EL - HAMAHI	<b>Scale Of "Trends Towards Recreation"</b>	2016	4
2	2TAHA GAMAL YEHIA KAMAL	Trends of Arab University Youth <b>Towards Beach Sports</b>	2016	6
3	REDA AMER	Trends Of Students <b>Of Physical Education College In Port Said Towards Leisure And Recreation</b>	2016	4
4	AHMED ABDEL MOHSEN	Trends Of Citizens <b>Towards Beach Sport For All According To Some Demographic Variables</b>	2016	2
5	AHMED QORA	Trends of University Students <b>Towards Cellular Recreation</b>	2013	1
6	MOHAMMED SAIED	Trends Of Visitors To The Gardens And Parks <b>Towards Leisure Activities According To Some Variables</b>	2012	11
7	MOHAMMED EL – HAMAHI AIDA ABDEL AZIZ	"Recreation" <b>Between Theory And Practice</b>	2009	13
8	MOSAD EWIES	Recreation <b>and Leisure Time "A Message To The Youth Over Sixty"</b>	2007	16

- **Personal data (Elderly) - Sample research - such as:**
- Demographic information was used to gather Age, Gender, education, Recreational Practice, Sports Practice, Geographical Location, residence area.
- The Trends of the **"Elderly"** To Engage in **Recreation Festival** Were Assessed with A **"Scale"** That Included **(40)** Items, They Were Based On Following Four Dimensions:
  - o First Dimension: **(the trend towards the Concept of sports recreational activities).**
  - o Second Dimension: **(the trend towards the objective of sports recreational activities).**
  - o Third Dimension: **(the trend towards the Exercise of sports recreational activities).**
  - o Fourth Dimension: **(the trend towards the Role of Educational Institutions towards sports recreational activities).**
- The Researcher Proposed an Estimate of the Responses applied into the **"scale"**, As Example in Table (3).

Table No. (3). Estimate the responses of the research sample

dimensions	Scale ranging	Point Of Responses				
First	Five Point	Strongly Disagree	Disagree	Not Sure	Agree	Strongly Agree

		<b>One Point</b>	<b>Tow Point</b>	<b>Three Point</b>	<b>Four Point</b>	<b>Five Point</b>					
<b>Second</b>	<b>Five Point</b>	Strongly Disagree	Disagree	Not Sure	Agree	Strongly Agree					
		<b>One Point</b>	<b>Tow Point</b>	<b>Three Point</b>	<b>Four Point</b>	<b>Five Point</b>					
<b>Third</b>	<b>Ten Point</b>	1	2	3	4	5	6	7	8	9	10
		<b>Point</b>	<b>Tow</b>	<b>Three</b>	<b>Four</b>	<b>Five</b>	<b>Six</b>	<b>Seven</b>	<b>Eight</b>	<b>Nine</b>	<b>Ten</b>
<b>Fourth</b>	<b>Four Point</b>	Participate		Some Time		Non-Participate		I Don't Care			
		<b>Four Point</b>		<b>Three Point</b>		<b>Tow Point</b>		<b>One Point</b>			

**After Identifying the Research Sample, And Preparing Data Collection Tools, and the "Researcher" Counting Coefficients for Validity and Reliability Through applying Pilot Study.**

**Appling Pilot Study:**

Which Aims to identify **Recognize how clear and appropriate Phrase formulation, conducting to Find Scientific Transactions of Validity and Reliability of the scale, and the results showed the clarity of the instructions, and of terms.**

**Scientific Transactions:**

**First: Validity:**

The Researcher Used the Data Collection Tool to Find **Validity** in Many Ways, **Such As:**

**First: Validity of Content (virtual):**

Through Studies, Research And Scientific References In The Field Of Recreational Recreation, To **Specify Dimensions** Of The "**Scale**", And To Propose **Phrases** For Each Dimension According To The Frequency Of Their Occurrence In The References And Specialized Studies, Ref,. No, (16, 4, 13, 6, 4, 2, 1, 11), As Shown in **Table No. (4).**

**Table No. (4), Preliminary Dimensions and Number of Phrases**

Preliminary Dimensions of the scale		Phrases
<b>First</b>	Trend Towards the <b>Concept</b> of Sports Recreational Activities.	<b>13</b>
<b>Second</b>	Trend Towards the <b>Objectives</b> of Sports Recreational Activities.	<b>13</b>
<b>Third</b>	Trend Towards the <b>Exercise</b> Of Sports Recreational Activities.	<b>5</b>

<b>Fourth</b>	Trend Towards The <b>Role Of Educational Institutions.</b>	<b>10</b>
<b>Total Phrases</b>		<b>41</b>

**Second: Validity of Consistency Internal:**

Through Application On a Sample of (30) Examined, From The Original Community Survey Outside the Basic Sample of the Research, The Values And Correlation Coefficients Were As Shown In Table (3).

Where the researcher found the internal consistency by applying the scale **Attached No. (1)**, On a survey sample of (30) examined, to verify the validity of the "scale", by calculating the correlation coefficient value between the degree of each individual **Phrases** by each **Dimension** and the total sum of the **Dimension** to which it belongs, as Shown in Table (5).

**Table No. (5), Correlation coefficients between the degree of each individual Phrases And the total score of the dimension to which it belongs (N = 30)**

<b>First Dimension</b>		<b>Second Dimension</b>		<b>Third Dimension</b>		<b>Fourth Dimension</b>	
Trend Towards The <b>Concept</b>		Trend Towards The <b>Objectives</b>		Trend Towards The <b>Exercise</b>		towards the Role of <b>Educational Institutions</b>	
Phrases	Correlation	Phrases	Correlation	Phrases	Correlation	Phrases	Correlation
1	0.709**	1	0.847**	1	0.690**	1	0.520**
2	0.724**	2	0.941**	2	0.748**	2	0.626**
3	0.440*	3	0.947**	3	0.642**	3	0.737**
4	0.568**	4	0.860**	4	0.543**	4	0.505**
5	0.423*	5	0.876**	5	0.606**	5	0.552**
6	0.357	6	0.855**			6	0.596**
7	0.849**	7	0.849**			7	0.540**
8	0.834**	8	0.898**			8	0.759**
9	0.863**	9	0.882**			9	0.787**
10	0.799**	10	0.935**			10	0.676**
11	0.751**	11	0.876**			11	0.520**
12	0.812**	12	0.837**				
13	0.825**	13	0.913**				

Correlation Value = (0.361) At Significant Level (0.05).

**Illustrated By Table No. (5),** The Values Of **Correlation Coefficients** For Phrases That Belonging To The **First Dimension** Was Ranged Between **(-0.423-0.863)**, And The **Second Dimension** Ranged Between **(8370 - .9470)**, And The **Third Dimension** Ranged Between **(5430 - 0.748)**, And The **Fourth Dimension** Ranged Between **(.5050 - .7870)**, Which Is A Statistical Function At The Level (0.05), That Indicating The Consistency Of Each Individual With The Dimension

To Which It Belongs, **Except** The Phrases **No, (6)** In **First Dimension** It Wasn't Statistically Significant, Which Indicating The Lack Of Internal Consistency Of This Individual With Dimension That Belonged, Therefore, The Researcher Excluded Them From The Dimension, And Thus The Number Of Items In The First Dimension Become (12) Phrases.

Table No. (6), Final Dimensions and Number of Phrases

Final Dimensions of The Scale		Phrases
<b>First</b>	Trend Towards the <b>Concept</b> of Sports Recreational Activities.	13
<b>Second</b>	Trend Towards the <b>Objectives</b> of Sports Recreational Activities.	12
<b>Third</b>	Trend Towards the <b>Exercise</b> Of Sports Recreational Activities.	5
<b>Fourth</b>	Trend Towards The <b>Role Of Educational Institutions.</b>	10
<b>Total Phrases</b>		<b>40</b>

## Second: Reliability

The Researcher Used The "**ALPHA**" Coefficient to Test the Stability of the List; Table (7) Illustrated The **Stability** of the Dimensions of The "**Scale**" Form.

Table No. (7), Correlation Coefficients "Alpha" (N = 30)

Dimensions of The Scale		Correlation
<b>First</b>	Trend Towards the <b>Concept</b> of Sports Recreational Activities	<b>0.764</b>
<b>Second</b>	Trend Towards the <b>Objectives</b> of Sports Recreational Activities	<b>0.781</b>
<b>Third</b>	Trend Towards the <b>Exercise</b> Of Sports Recreational Activities	<b>0.751</b>
<b>Fourth</b>	Trend Towards the <b>Role of Educational Institutions.</b>	<b>0.754</b>

Statistically Significant (Correlation) Tested at a Level of (0.05 = 0.361)

**Illustrated by Table (7).** The Correlation Coefficients of The "**Alpha**" Ranging from (**0.751 - 0.781**), Which Confirms That "**Scale**" Form have Highly Stable.

## Applying field study

The "**Researcher**" Applied The "**Scale**", Attached No. (2), On The Basic Research Sample (73) "**Elderly**" from Participants in The **Annual Recreation Festival**, that organized by **Cairo University Center for Science and care of elderly**, which was held on Thursday, May 4, 2017, Attached No. (3), With The Assistance of A Group Of Students Of The **Recreation Department** Of The **Faculty Of Physical Education for Men - Helwan University**, After Training On How To Implement The Application To That Age Group.

Through The Nature of the Research That Includes The "**Scale**" Form, After Application Is Completed On the Basic Sample, Attachment No. (4), Data Collection, Classification and Scheduling for **Statistical Treatments**, And It

Resulted in **Exclusion** of (19) Forms Not Fulfilling the Full Data, And The Number of The Correct Form Was (54) Form, By (16) Of The "Males" And (38) Of The "Females".

### - Statistical Analysis of Data:

The Researchers Used Statistical Treatments Were Performed For The Research Data Using The SPSS Statistical Program, And ("Q<sup>2</sup>" - Frequencies - Estimated Percentage - Estimated Degree - Alpha Correlation - Pearson Correlation – T.Test - Analysis Of Anova), and The Results have been decrease decimal to two places, and Based On Statistical Significance Level At (0.05) To Accept The Results Of The Research.

### Results:

Their Perceptions Concerning the Reasons Why They Engaged in Recreation Festival Participation Were Further Analyzed.

Table No. (8), Trends towards Recreation Festival in Choices among Participants

First Dimensions: Trend towards the Exercise of Sports Recreational Activities (N = 54)

Phrases	Point Of Responses					Estimated Degree	Estimated Percentage	Q <sup>2</sup>	Rank
	1	2	3	4	5				
	Strongly Disagree	Disagree	Not Sure	Agree	Strongly Agree				
1	17	2	8	10	17	170	62.96	15.07	9
2	16	1	8	9	20	178	65.93	20.26	8
3	18	4	11	6	15	158	58.52	12.85	11
4	11	4	13	8	18	180	66.67	10.26	7
5	20	4	8	13	9	149	55.19	22.89	12
6	13	1	5	9	26	196	72.59	34.15	1
7	14	1	5	8	26	193	71.48	35.07	3
8	15	2	5	9	23	185	68.52	26.00	5
9	14	1	9	9	21	184	68.15	20.07	6
10	17	3	11	6	17	165	61.11	14.89	10
11	14	1	6	9	24	190	70.37	28.41	4

12	14	2	2	8	28	196	72.59	43.41	1
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Statistically Significant (Q2) Tested at A Level of (0.05 = 5.99) - (\*) Non-Sig

**Illustrated by Table No. (8).** That Statistical Significance, Frequency, percentage and of the Responses of Research Sample (N= 54), At Phrases of **First** Dimension (Trend Towards the **Exercise** of Sports Recreational Activities), There Were **Differences** Significant Between the Responses. And The Value of **Q<sup>2</sup>** Ranged from **(20.26 To 43.41)**, These Values Were **Significant** at **(0.05)**.

**Table No. (9), Trends towards Recreation Festival in Choices among Participants**  
**Second Dimensions: Trend towards the Objectives of Sports Recreational Activities (N = 54)**

Phrases	Point Of Responses					Estimated Degree	Estimated Percentage	Q <sup>2</sup>	Rank
	1	2	3	4	5				
	Strongly Disagree	Disagree	Not Sure	Agree	Strongly Agree				
1	8	1	5	5	35	220	81.48	70.07	2
2	9	4	2	10	29	208	77.04	42.48	7
3	8	3	6	14	23	203	75.19	23.22	11
4	13	1	1	12	27	201	74.44	42.67	12
5	9	2	4	9	30	211	78.15	46.19	6
6	12	0	5	8	29	204	75.56	25.56	9
7	8	1	4	9	32	218	80.74	55.82	4
8	11	3	4	12	24	197	72.96	26.19	13
9	5	1	6	9	33	226	83.70	60.07	1
10	9	1	2	8	34	219	81.11	66.93	3
11	7	3	9	9	26	206	76.30	28.96	8
12	9	3	5	11	26	204	75.56	30.44	9
13	7	1	8	5	33	218	80.74	59.70	4

Statistically Significant (Q2) Tested at A Level of (0.05 = 5.99) - (\*) Non-Sig

**Illustrated by Table No. (9),** That Statistical Significance, Frequency, percentage and of the Responses of Research Sample (N= 54), At Phrases of **Second** Dimension (Trend towards the **Objectives** of Sports Recreational Activities), There Were **Differences** Significant between the Responses. And The Value of **Q<sup>2</sup>** Ranged from **(23.22 To 70.07)**, These Values Were **Significant** at **(0.05)**.

**Table No. (10), Trends towards Recreation Festival in Choices among Participants  
Third Dimensions: Trend towards the Exercise of Sports Recreational Activities (N = 54)**

Phrases	Point Of Responses										Estimated Degree	Estimated Percentage	Q <sup>2</sup>	Rank
	1	2	3	4	5	6	7	8	9	10				
1	26	0	1	0	1	0	0	2	2	22	288	53.33	76.00	2
2	31	2	1	0	2	1	2	2	3	10	211	39.07	127.33	3
3	45	0	1	0	3	1	0	3	1	0	102	18.89	173.33	5
4	38	0	1	2	1	1	2	2	4	3	156	28.89	193.33	4
5	21	0	0	0	0	0	2	5	2	24	333	61.67	43.22	1

Statistically Significant (Q2) Tested at A Level of (0.05 = 5.99) - (\*) Non-Sig

Illustrated by Table No. (10), That Statistical Significance, Frequency, percentage and of the Responses of Research Sample (N= 54), At Phrases of Third Dimension (Trend towards the Exercise of Sports Recreational Activities), There Were Differences Significant between the Responses. And The Value of Q<sup>2</sup> Ranged from (43.22 To 193.33), These Values Were Significant at (0.05).

**Table No. (11), Trends towards Recreation Festival in Choices among Participants  
Fourth Dimensions: Trend towards the Role of Educational Institutions (N = 54)**

Phrases	Point Of Responses				Estimated Degree	Estimated Percentage	Q <sup>2</sup>	Significant	Rank
	Responses	Frequent	Estimated Degree	Point					
1	Always Participate	30	55.56	1	188	87.04	45.70	Significant to Always Participate	1
	Sometimes Participate	21	29.17	2					
	I Do Not Participate	2	1.85	3					
	I Don't Care	1	0.46	4					
2	Excellent	34	62.96	1	188	87.04	25.33	Significant to Excellent	1
	Good	16	22.22	2					
	Bad	0	0	4					
	I Don't Know	4	1.85	3					
3	Excellent	27	50	1	172	79.63	28.82	Significant to Excellent	3
	Good	18	25	2					
	Bad	1	0.93	4					
	I Don't Know	8	3.7	3					
4	Morning	31	57.41	1	159	73.61	35.33	Significant to Morning	6
	Afternoon	1	1.39	4					
	Evening	10	9.26	2					
	I Don't Care	12	5.56	3					
5	Yes	31	57.41	1	165	76.39	31.48	Significant to Yes	5
	Maybe	6	8.33	2					
	No	6	5.56	3					
	I Don't Know	11	5.09	4					
6	Yes	13	24.07	1	110	50.93	26.30	Significant to Yes	10
	Maybe	5	6.94	3					
	No	7	6.48	4					

	I Don't Know	29	13.43	2					
7	Enough	14	25.93	1	144	66.67	3.19*	Non Significant	9
	Maybe	16	22.22	2					
	Not Enough	16	14.81	3					
	I Don't Know	8	3.7	4					
8	Yes	18	33.33	1	155	71.76	15.48	Significant to Yes	8
	Maybe	22	30.56	2					
	No	3	2.78	4					
	I Don't Know	11	5.09	3					
9	Yes	30	55.56	1	167	77.31	27.04	Significant to Yes	4
	Maybe	8	11.11	2					
	No	7	6.48	3					
	I Don't Know	9	4.17	4					
10	Excellent	19	35.19	1	157	72.69	14.00	Significant to Excellent	7
	Good	21	29.17	2					
	Bad	4	3.7	4					
	I Don't Know	10	4.63	3					

Statistically Significant (Q2) Tested at A Level of (0.05 = 5.99) - (\*) Non-Sig

**Illustrated by Table (11).** That Statistical Significance, Frequency, percentage and of the Responses of Research Sample (N= 54), At Phrases of **Fourth** Dimension (Trend towards the **Role of Educational Institutions** towards Sports Recreational Activities), There Were **Differences** Significant between the Responses. And The Value of Q<sup>2</sup> Ranged from **(14.00 To 45.70)**, These Values Were **Significant** at **(0.05)**, **Except** The Phrases **No, (7)** it came **(3.19)** , It Wasn't Statistically Significant, that The Value of Q<sup>2</sup> was less than **(5.99)** at level of **(0.05)**.

Table No. (12), Trends towards Recreation Festival in Choices among Participants (N = 54)

Dimensions	Estimated Degree	%	Mean	Std.	Rank	T.test	Significant	
<b>First</b>	Trend Towards The <b>Concept</b>	2144	82.72	39.796	13.521	1	21.629	<b>sig</b>
<b>Second</b>	Trend Towards The <b>Objectives</b>	2735	77.92	50.648	15.584	2	23.882	<b>sig</b>
<b>Third</b>	Trend Towards The <b>Exercise</b>	1180	42.14	20.204	12.076	4	12.295	<b>sig</b>
<b>Fourth</b>	trend towards the Role of <b>Educational Institutions</b>	1605	74.31	20.278	6.169	3	24.156	<b>sig</b>

Statistically Significant (T) Tested at a Level of (0.05 = 1.96)

**Illustrated by Table No. (12),** That Statistical value of (T) Greater Than value of (T) Significant (T) Tested at A Level of **(0.05)**, On Responses of the Total Sample of the Research at Phrases of all Dimensions from the "Scale", and Total Sum Of Frequency, Percentage And Estimated Degree, **Resulted In The Following:**

Ranked In **First** Place: Trend towards the **Concept** of Sports Recreational Activities, With Percentage **(82.72%)**.

There Were **Differences** Significant at Value of ( $Q^2$ ) Between the Responses, that Ranged Between **(20.26 To 43.41)**, These Values Are Significant at **(0.05)**, And Most Responses about Trend Towards the **Concept**, Were Results of participation in sports recreational activities Ranked at Minded the Sports recreational activities as a way to Ranked at First (**Prevention Of Many Diseases and Reducing Treatment Costs**), Then (**enjoy the leisure**), and at last For (**distance and disposal of burdens And problems of modern life**).

Ranked in **Second** Place: Trend Towards the **Objectives** of Sports Recreational Activities, With Percentage **(77.92%)**.

There Were **Differences** Significant at Value of ( $Q^2$ ) Between the Responses, that Ranged Between **(45.70 To 14.00)**, These Values Are Significant at **(0.05)**, And Most Responses about Trend Towards the **Objectives**, Were Results of participation in sports recreational activities Ranked at First (**Enjoy the outdoors And satisfy the need To meditate on nature**), Followed By (**Stimulate blood circulation and increase the efficiency of the heart muscle**), Then (**Distance from everyday trouble and relaxation**).

Ranked in **Third** Place: Trend Towards the **Role of Educational Institutions** Towards Sports Recreational Activities, With Percentage **(74.31%)**.

There Were **Differences** Significant at Value of ( $Q^2$ ) Between the Responses, that Ranged Between **(45.70 To 14.00)**, These Values Are Significant At **(0.05)**, And Most Responses about Trend Towards the **Role of Educational Institutions** About Provide Opportunities, Were Ranked at First ("**Always**" participate in sports and recreational activities for the elderly), Then (**I See Sports And Recreational Services Offered To Seniors "Excellent"**), Then (**I See That The Stadiums And Tools For Sports And Recreational Activities "Excellent"**).

Ranked in **Fourth** Place: Trend Towards the **Exercise** of Sports Recreational Activities, With Percentage **(42.14%)**.

There Were **Differences** Significant at Value of ( $Q^2$ ) Between the Responses, that Ranged Between **(43.22 To 193.33)**, These Values Are Significant At **(0.05)**, And Most Responses about Trend Towards the **Exercise** were ranked at first (**Sports For All And Health**), Followed By (**Collective Sports Activities**), Then (**Outdoor Sports Activities**), Then (**Fitness Programs And Activities**), And Came in The Last Ranking (**Water Sports Activities**).

**Demographic Analysis of the Respondents:****Table No. (13), Trends towards Recreation Festival in Choices  
Among Participants "Gender" (Male - Female)**

Dimensions	Male (16)				arrange	Female (38)				arrange	T	Sign	
	Total	%	Mean	Std.		Total	%	Mean	Std.				
1	Trend Towards The Concept	671	69.18	41.31	11.94	3	1479	64.87	39.03	14.28	3	.562	Non
2	Trend Towards The Objectives	837	80.48	52.31	12.38	1	1894	76.68	49.95	16.85	1	.506	Non
3	Trend Towards The Exercise	358	43.66	22.25	11.36	4	728	38.32	19.34	12.41	4	.805	Non
4	trend towards the Role of Educational Institutions	467	72.97	20.88	4.60	2	1141	75.07	20.03	6.76	2	.458	Non

Statistically Significant (T) Tested at a Level of (0.05 = 1.96)

**Illustrated by Table No. (13),** That Statistical value of (T) Less Than value of (T) Significant (T) Tested at A Level of (0.05), Indicating that there were no differences between the responses of the research sample at Phrases of all Dimensions from the "Scale", According to the variable "Gender" (Male - Female).

**Table No. (14), Trends towards Recreation Festival in Choices**

Among Participants "Age" ("Greater Than 65" - "Ranged 55-65" - " Less Than 55")

Dimensions	source	Sum Of Squares	Degree of Freedom	Mean Of Sum Squares	F	Sign	
1	Trend Towards The Concept Of Sports Recreational Activities	Between Groups	804.410	2	402.205	2.309	.110
	Within Groups	8884.349	51	174.203			
	Total	9688.759	53				
2	Trend Towards The Objectives Of Sports Recreational Activities	Between Groups	966.866	2	483.433	2.071	.137
	Internal Groups	11905.449	51	233.440			
	Total	12872.315	53				
3	Trend Towards The Exercise Of Sports Recreational Activities	Between Groups	379.507	2	189.754	1.317	.277
	Internal Groups	7349.252	51	144.103			
	Total	7728.759	53				
4	Trend Towards The Role Of Educational Institutions Of Sports Recreational Activities	Between Groups	3.696	2	1.848	.047	.954
	Internal Groups	2013.137	51	39.473			
	Total	2016.833	53				

Statistically Significant (F) Tested at A Level of (0.05 = 3.04) - df = 2,237

**Illustrated by Table No. (14),** That Statistical value of (F) Less Than value of (F) That Tested at A Level of (0.05), Indicating that there were no differences between the responses of the research sample at Phrases of all Dimensions

from the "Scale", According to the variable "Age" ("Greater Than 65" – "Ranged 55-65" - " Less Than 55")

Table No. (15), Trends Towards Recreation Festival in Choices

Among Participants "Recreation Practice" (Practitioners - Non-Practitioners)

Dimensions	Practitioners (42)				arrange	Non-Practitioners (12)				arrange	T	Sign	
	Total	%	Mean	Std.		Total	%	Mean	Std.				
1	Trend Towards The Concept	1609	63.85	38.33	14.00	3	539	74.86	44.92	10.66	2	1.505-	Non
2	Trend Towards The Objectives	2071	75.86	49.31	15.92	1	664	85.13	55.33	13.97	1	1.185-	Non
3	Trend Towards The Exercise	827	39.38	19.69	11.63	4	264	44.00	22.00	13.94	4	.581-	Non
4	trend towards the Role of Educational Institutions	1259	74.94	20.07	6.27	2	348	72.50	21.00	6.00	3	.456-	Non

Statistically Significant (T) Tested at A Level of (0.05 = 1.96)

Illustrated by Table No. (15), That Statistical value of (T) Less Than value of (T) Significant (T) Tested at A Level of (0.05), Indicating that there were no differences between the responses of the research sample at Phrases of all Dimensions from the "Scale", According to the variable "Recreation Practice" (Practitioners - Non-Practitioners)

Table No. (16), Trends Towards Recreation Festival in Choices

Among Participants "Sport Practice" (Practitioners - Non-Practitioners)

Dimensions	Practitioners (37)				arrange	Non-Practitioners (17)				arrange	T	Sign	
	Total	%	Mean	Std.		Total	%	Mean	Std.				
1	Trend Towards The Concept	1400	63.06	37.86	14.53	3	693	71.81	44.00	10.15	3	1.570-	Non
2	Trend Towards The Objectives	1727	86.78	48.92	16.30	1	938	80.17	54.41	13.58	1	1.208-	Non
3	Trend Towards The Exercise	736	39.78	19.86	11.95	4	351	41.29	20.94	12.68	4	.302-	Non
4	trend towards the Role of Educational Institutions	1101	74.39	6.46	20.24	2	504	74.12	20.35	5.67	2	.060-	Non

Statistically Significant (T) Tested at A Level of (0.05 = 1.96)

Illustrated by Table No. (16), That Statistical value of (T) Less Than value of (T) Significant (T) Tested at A Level of (0.05), Indicating that there were no differences between the responses of the research sample at Phrases of all

Dimensions from the "Scale", According to the variable "Sport Practice" (Practitioners - Non-Practitioners)

Table No. (17), Trends Towards Recreation Festival in Choices Among Participants " Educational " (High "University" (37) - Above Average "College" (7) - Average "School" (6) - Without (4))

Dimensions	source	Sum Of Squares	Degree of Freedom	Mean Of Sum Squares	F	Sign
1 Trend Towards The <b>Concept</b> Of Sports Recreational Activities	Between Groups	163.549	3	54.516	.286	.835
	Within Groups	9525.211	50	190.504		
	Total	9688.759	53			
2 Trend Towards The <b>Objectives</b> Of Sports Recreational Activities	Between Groups	496.200	3	165.400	.668	.576
	Within Groups	12376.115	50	247.522		
	Total	12872.315	53			
3 Trend Towards The <b>Exercise</b> Of Sports Recreational Activities	Between Groups	148.470	3	49.490	.326	.806
	Within Groups	7580.289	50	151.606		
	Total	7728.759	53			
4 Trend Towards The Role Of <b>Educational Institutions</b> Of Sports Recreational Activities	Between Groups	74.128	3	24.709	.636	.595
	Within Groups	1942.706	50	38.854		
	Total	2016.833	53			

Statistically Significant (F) Tested at A Level of (0.05 = 3.04) - df = 2,237

Illustrated by Table No. (17), That Statistical value of (F) Less Than value of (F) That Tested at A Level of (0.05), Indicating that there were no differences between the responses of the research sample at Phrases of all Dimensions from the "Scale", According to the variable " Educational " (High "University" (37) - Above Average "College" (7) - Average "School" (6) - Without (4))

Table No. (18), Trends Towards Recreation Festival in Choices Among Participants " Geographical Location" (Coastal Residence - Internal Residence)

Dimensions	Coastal Residence (48)				arrange	Internal Residence (6)				arrange	T	Sign
	Total	%	Mean	Std.		Total	%	Mean	Std.			
1 Trend Towards The <b>Concept</b>	1880	65.28	39.35	13.72	3	260	72.22	43.33	12.32	3	.676-	Non
2 Trend Towards The <b>Objectives</b>	2439	78.17	50.81	15.47	1	296	75.90	49.33	17.92	1	.217	Non
3 Trend Towards The	922	38.42	19.21	11.85	4	168	56.00	28.17	11.82	4	1.746-	Non

Exercise													
4	trend towards the Role of Educational Institutions	1404	73.13	20.25	6.20	2	177	73.75	20.50	6.47	2	.093-	Non

Statistically Significant (T) Tested at A Level of (0.05 = 1.96)

Illustrated by Table No. (18), That Statistical value of (T) Less Than value of (T) Significant (T) Tested at A Level of (0.05), Indicating that there were no differences between the responses of the research sample at Phrases of all Dimensions from the "Scale", According to the variable "Geographical Location" (Coastal Residence - Internal Residence)

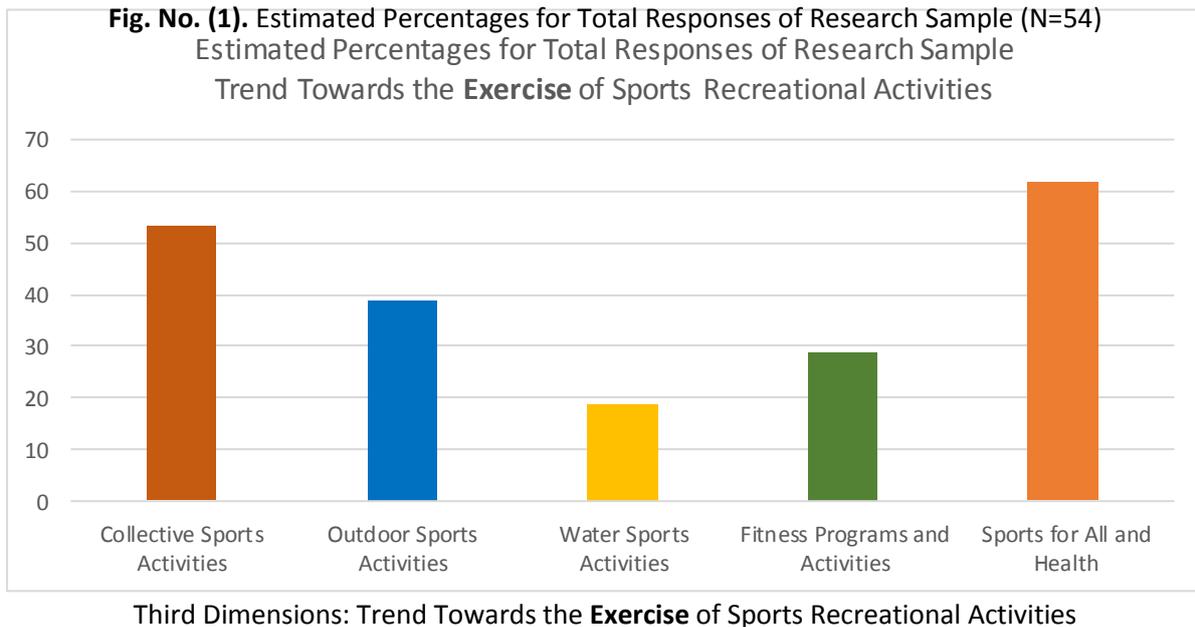
Table No. (19), Trends Towards Recreation Festival in Choices Among Participants " Residence Area" (RURAL - Urban)

Dimensions	Coastal Residence (4)				arrange	Internal Residence (50)				arrange	T	Sign	
	Total	%	Mean	Std.		Total	%	Mean	Std.				
1	Trend Towards The Concept	166	69.17	41.50	15.29	3	1978	65.93	39.56	13.57	3	14.44	Sign
2	Trend Towards The Objectives	204	78.46	51.00	14.49	1	2522	77.60	50.62	15.81	1	18.56	Sign
3	Trend Towards The Exercise	82	41.00	20.50	12.58	4	997	39.88	20.18	12.17	4	9.05	Sign
4	trend towards the Role of Educational Institutions	119	74.38	20.25	3.40	2	1488	74.40	20.28	6.36	2	14.42	Sign

Statistically Significant (T) Tested at A Level of (0.05 = 1.96)

Illustrated by Table No. (19), That Statistical Value Of (T) Greater Than Value Of (T) Significant (T) Tested At A Level Of (0.05), Indicating That Their Differences Between The Responses Of The Research Sample At Phrases Of All Dimensions from the "Scale", According to the variable "Residence Area" (RURAL - Urban), Towards trends for "Recreational Festival" For the sample of "RURAL" For The Responses Of Each Of The First Dimensions (Trend Towards The Concept Of Sports Recreational Activities), And Second Dimensions (Trend Towards The Objectives Of Sports Recreational Activities), And Third Dimensions (Trend Towards The Exercise Of Recreational Sports Activities), But The Fourth Dimension Responses (Trend Towards The Role Of Educational Institutions Towards Recreational Sports Activities) It Was For The Sample Of "URBAN".

### Discussion of results:



### Illustrated By Table (12), Figure No. (1),

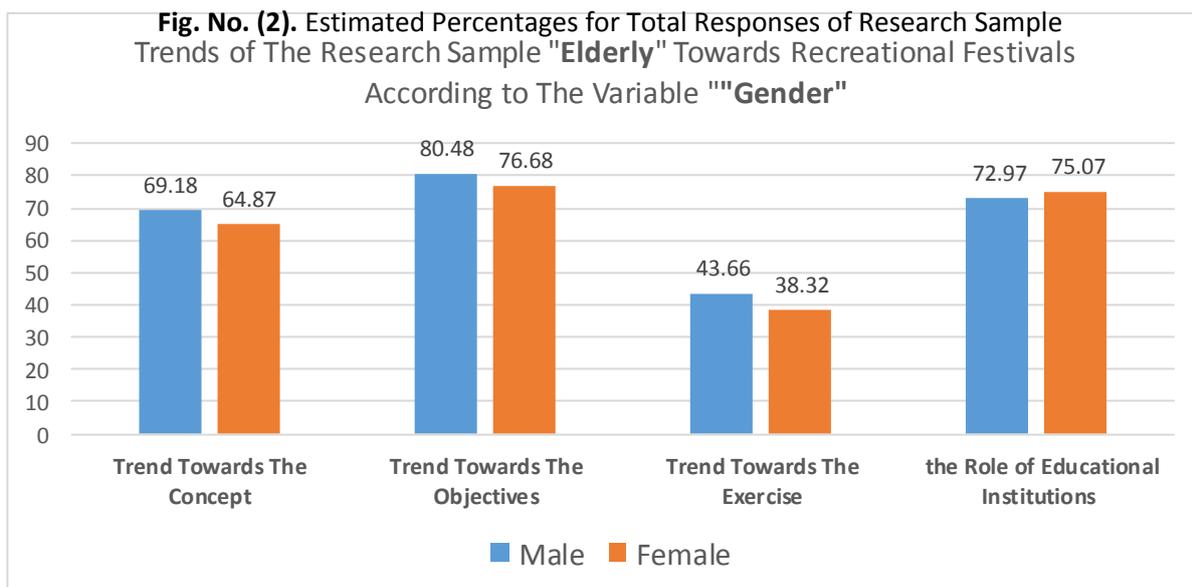
That Statistical value of (**T**) Greater Than value of (**T**) that Tested at Level of (**0.05**), On Responses of the Total Sample of the Research at Phrases of all Dimensions from the "**Scale**", and Total Sum Of Frequency, Percentage And Estimated Degree, Ranked In **First** Place (Trend Towards the **Concept** of Sports Recreational Activities, With Percentage (**82.72%**), followed by (Trend Towards the **Objectives** of Sports Recreational Activities), With Percentage (**77.92%**), then (Trend Towards the **Role of Educational Institutions** Towards Sports Recreational Activities, With Percentage (**74.31%**), and (Trend Towards the **Exercise** of Sports Recreational Activities), With Percentage (**42.14%**) in the Last Ranked.

As seen by "**Researcher**" That Their Resulted Were Confirm the Realization And Awareness Of Research Sample, That Comes Through The Years Of Experience And Generosity Of "**ELDERLY**", And Become Had Highly Aware Of The Importance Role That Played By **EDUCATIONAL INSTITUTIONS** Towards Sports Recreational Activities, By Providing Programs And Opportunities To Participate And Enjoy, And To Facilitate The Provision Programs And Opportunities For Participate And Practice And Quality That Fit To Status Of "**ELDERLY**", In A Way That Allows Their Diversity To Serve A Large Sector, And Satisfy Their Needs And Desires, In Order To With Happiness And Satisfaction With Life.

These results were **Compatible** with "**Reference**" of both by Both "**MOHAMMED AL-HAMAHMI**" and "**AIDA ABDUL AZIZ**" (2009) (13), Where

they affirm that recreational play an important role in satisfying the needs of the individual, especially those that cannot be satisfied through work or during times of engagement or commitment to duties, and with "**Reference**" of "**MOSAD EWIES**" (2007) (16), Which Indicates That The Objective Facts That The Culture Of Recreation Stems From The General Culture Of Society, And Contributes To The Cultural And Social Climate In Raising The Value Of Leisure Activities Leisure Time, And **Field Studies** Indicate That We Urgently Need To Confirm The Role Of Recreational Institutions, Such As **Clubs, Youth Centers** And Some **NGOs**, To Instill A Culture Of **Recreational Activities** And To Be An Integral Part Of The Necessary Programs.

And compatible with "**Study Results**" of "**REDA AMER**" (2016) (4), Which confirmed The need to establish more youth centers and clubs in the community, To Be Positive Towards Reform And Leisure Investment, and with "**Study Results**" of "**MOHAMED SHARIF**" (2006) (12), Which Reached To That Exercise Sports Activities Regularly Will Improve Social Harmony Among The **Elderly**.



On scale Dimensions, According to The Variable "**Gender**" Male (16) – Female (38)

**Illustrated By Table (13), Figure No. (2),**

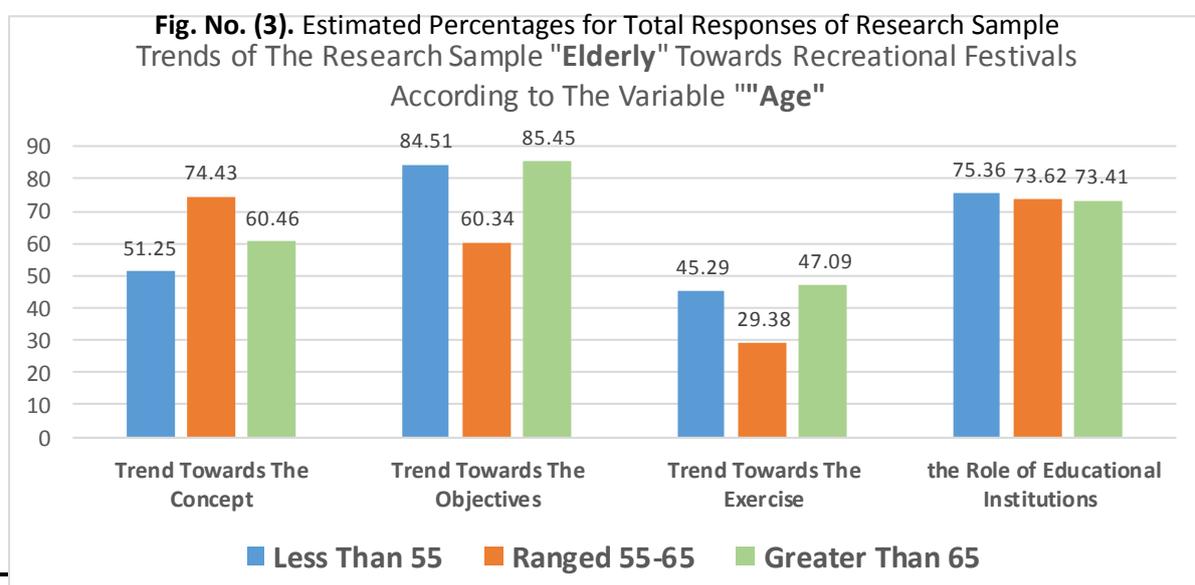
That Statistical value of (T) less Than value of (T) that Tested at Level of (0.05), On Responses of the Total Sample of the Research at Phrases of all Dimensions from the "**Scale**", According to The Variable "**Gender**" (Male – Female), that Indicating to "**Consensus**" of research Sample In Responses.

As seen by "**Researcher**" That the **Consensus** of Research Sample Trends Towards Participation In **Recreational Festivals** And Their **Reflection** On The

Exercise Of **Sports Recreational Activities** Was Clear In Their Compatibility In The Responses To Dimensions Of The "**Scale**", Despite The Difference In Desires And Tendencies Between (**Males**) And (**Females**) Towards The Nature Of Practice, Which Confirms And Demonstrates A Great Degree Of Awareness For The **Result** Of Participating In "**Sports Recreational Activities**", And Consideration as a Means for Prevention of Many Diseases, And Reduce Costs of the Cure, And Disposal of the Problems of Lack of Physical Activity, Improving the individual's lifestyle and distance from the problems of daily life, In addition to learning physical skills, and other opportunities for social interaction and communication, collective practice and exchange of roles and experiences.

These results were **Compatible** with "**Reference**" of both "**MOHAMMED AL-HAMAHMI**" and "**AIDA ABDUL AZIZ**" (2009) (13), which Indicates That the Exercise of **Sport Recreational Activities** Have Many Positive Effects, Where It Works to Raise the Efficiency of the Circulatory Respiratory, And Maintain The Normal Rate Of Both Pulse And Blood Pressure, And Increase The Flexibility And Efficiency Of Joints Of The Body, and with "**Reference**" of "**FARADA HARZAWI**" (2004) (9), Which stressed that the exercise of sports recreational activities regularly to reduce the biological age of the chronological age, that has been demonstrated by the results of a research based on the conduct of (18) physiological testing, and (5) fitness tests.

And compatible with "**Study Results**" of "**BETHANCOURT**" (2014) (21), Which Conclusions That There Are No Significant Differences Between **Men** And **Women** In Levels Of Participation In Physical Activity Programs, And With the Studies all of "**AHMED ABDEL MOHSEN**" (2016) (2), And Study, "**AHMED QORA**" (2013) (1) And "**MOHAMED SAID**" (2012) (11), Which Reached Its Conclusions That There Are **Positive** Trends Towards **Recreational Activities** According To Dimensions Of The **Scale** Used As data collect tool, According To Some Variables.



On scale Dimensions, According to The Variable "Age"

("Greater Than 65" = 24 – "Ranged 55-65" = 29 - " Less Than 55" = 11)

### Illustrated By Table (14), Figure No. (3),

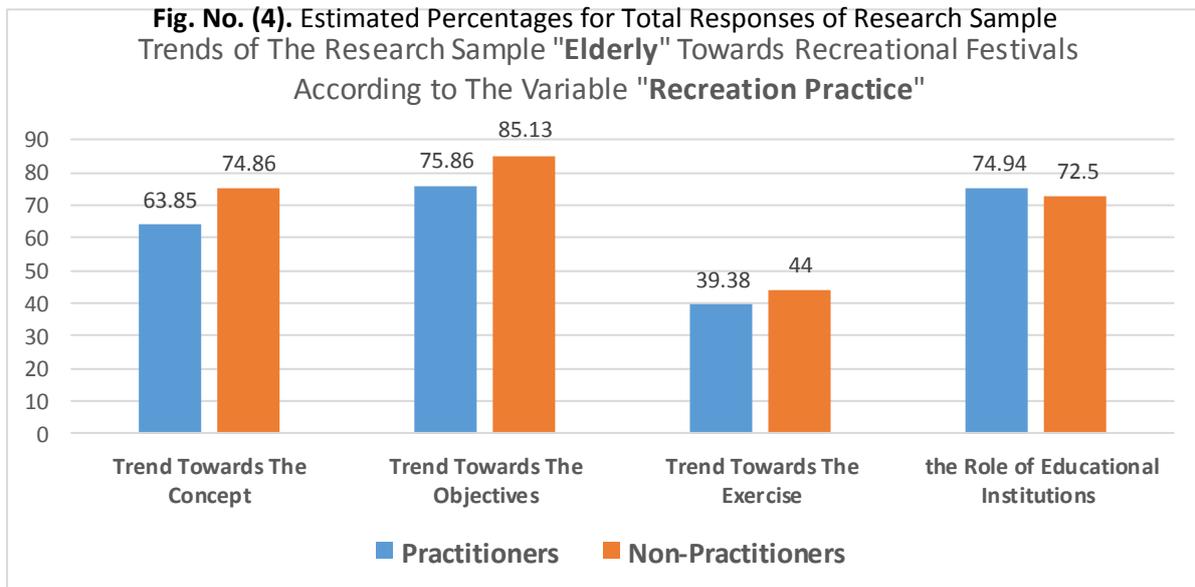
That Statistical value of (F) Less Than value of (F) That Tested at A Level of (0.05), On Responses of the Total Sample of the Research at Phrases of all Dimensions from the "Scale", According to the variable "Age" ("Greater Than 65" – "Ranged 55-65" - " Less Than 55"), that Indicating to "Consensus" of research Sample In Responses.

As seen by "Researcher" That the **Consensus** of Research Sample Trends towards Participation in **Recreational Festivals**, Consequently, This Will Be Reflected In The Exercise Of Sports Recreational Activities, As A Result Of What Recreational Festival Events Can Offer Opportunities For Practice And Participation For Older People, And To Satisfy Their Physical, Social, Emotional And Cultural Needs, And Provides Opportunities To Restore Skills And Abilities That Precede Retirement, And Re-Engage In Society And Achieve Satisfaction With Life And Express Feelings.

These results were **Compatible** with "Reference" of both "**MOHAMMED AL-HAMAHMI**" and "**AIDA ABDUL AZIZ**" (2009) (13), Which Refers To The Importance Of **Building A Strategy** For The Spread Of **Sports Recreation** To Provide Conditions Suitable For Children In Pre-School Age, Colleges, Youth, The Elderly, Women, The Sick, And The Disabled, To Exercise Recreational Activities Sports In Leisure, And with "Reference" of "**MOSAD EWIES**" (2007) (16), Where Emphasizes That whenever More Roles Played By One Person, Will Increased His Social Status, And Recreation Activities Play An Important Role In Activating Social Roles, Which Contribute To A Better Life For This Group Of Community Members (**Elderly**), Who Exerted Effort and Energy In Years Of Work And Production, It Is the Community's Duty To Care For Them, Both Healthily And Psychologically, So That They Continue To Give In New Roles That Contribute To Raising Their Status And Social Life, And Emphasizes The Need Of The Community To Their Expertise And Giving, Which Contributes To The Emphasis On Good Human Values, And Raising Intellectual And Scientific Capital And Social Development.

And compatible with "Study Results" of "**TAHA GAMAL**" and "**YAHYA KAMAL**" (2016) (6), Where the "Researchers" Recommended to the Need for Investing Leisure Time through the Establishment of Festivals and Recreational Activities Organized Summer Holidays, Where Leisure Time Increases and Contributes To the Development of Personal Aspects, And With the Study of "**ELHAM ABDEL RAHMAN**" (2009) (3), Which Reached Its Conclusions That Social relations ranked second on the list of attention after the family relations of the elderly during leisure time, which allows participation in recreational festivals from the opportunities to combine in the activities of

recreational activities to satisfy social needs by providing opportunities to build social relations and participation in new social roles.



On scale Dimensions, According to The Variable "Recreation Practice"

Participants (42) – Non-Practitioners (12)

**Illustrated By Table (15), Figure No. (4),**

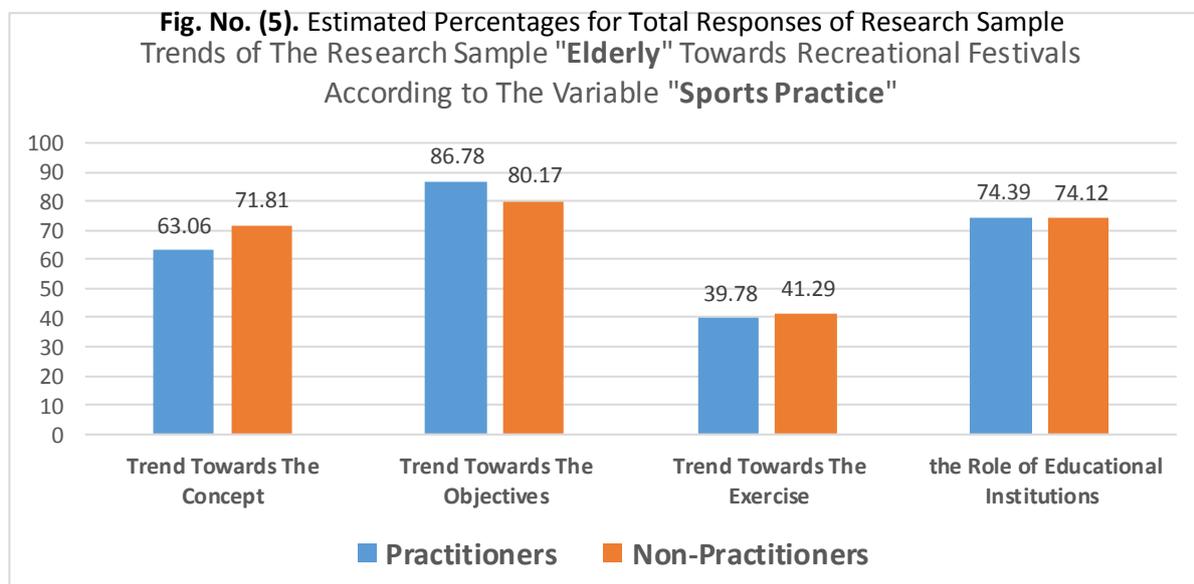
That Statistical value of (T) less Than value of (T) that Tested at Level of (0.05), On Responses of the Total Sample of the Research at Phrases of all Dimensions from the "Scale", According to the variable "Recreation Practice" (Participants – Non-Practitioners), that Indicating to "Consensus" of research Sample In Responses.

As seen by "Researcher" That the **Recreational Festivals** are characterized by the Provision of Opportunities to "**Practice Recreational Activities**". And The Programs That Include more Activities Are Varied In Order To Accommodate The Desires And Tendencies Of The Various Participants Of The "Pioneers" And To Satisfy Their Social Needs By Supporting The Family Bonding With Sport And Creating A Sense Of Safety, About Life And Enjoying Leisure Time And Expressing Feelings, And the mixing with others, and achieve psychological balance, and satisfaction of the motivation to participate, and discover abilities and learn skills.

These results were **Compatible** with "**Reference**" of **MOSAD EWIES**" (2007) (16), Where Emphasizes That The Great Scientific Development Has Contributed To The Impact On All Areas Of Life, Despite The Great Benefits That Mankind Has Brought Back From This Development, However, Many Side Effects Have Emerged, Such As Heart Disease, Mental Illness, Nervousness And Premature Aging, So That People Need A Balanced Daily Life That Combines Work, Production, Sleep, Rest, Activity And Recreation To Achieve A Healthy

Balanced Life And Eliminate Nervous Tension, And With "**Reference**" Of "**FREDA HARZAWI**" (2004) (9), Where Refer To The Practice Of Recreational Activities Regularly Increases The Expectations Of Longevity, And A Better Lifestyle Compared To The Person Retired And Distant From The Practice Of Recreation, Where The Elderly Avoid Between (8 - 10) Years Of Disability In All Its Forms Or At Least Reduced Ability To Exercise Life In Its Daily Activity.

And compatible with "**Study Results**" Of "**CHI YANG**" (2014) (18), Which reached its conclusions That "**THE ELDERLY**" Prefer Moderate-Intensity Aerobic Activities That Do Not Require Many Possibilities, Equipment And Athletic Skills, And With the "**Study Results**" of "**MIYOKO MATSUO**" (2002) (19), Which Reached Its Conclusions that the Responses of the Scale (**Quality Of Life**) Of the Group (**Practitioners**) Are Significantly Greater Than The Group (**Non-Practitioners**) As Expected, The Practitioners Were Satisfied And Were Not Bored By Their Current Lives.



On scale Dimensions, According to The Variable "**Sports Practice**"

Participants (37) – Non-Practitioners (17)

### Illustrated By Table (16), Figure No. (5),

That Statistical value of (T) less Than value of (T) that Tested at Level of (0.05), On Responses of the Total Sample of the Research at Phrases of all Dimensions from the "**Scale**", According to the variable "**Sports Practice**" (**Participants – Non-Practitioners**), that Indicating to "**Consensus**" of research Sample In Responses.

As seen by "**Researcher**" That the **Sports Practice** of "Elderly" that Requires more Attention And care from All Educational institutions, Appreciation for generosity And The Tender They Offered To Prepare Generations Capable Of Coping With The Burdens Of Life And Bearing

Responsibility, So, It Must Be The Creation Of Opportunities Through The Provision Of Playgrounds And Tools For The Exercise Of **Sports Recreation activity**, To Empower Them To Practice In Periods That Correspond To Physical Conditions, Abilities And Preparations, And Request For Assistance with **Recreational Specialists** In Supervising Programs And Activities, And to promote programs for sports and recreational activities for the elderly, Through the means of advertising sufficient to exercise various activities, whether individual or collective outdoor or indoor.

These results were **Compatible** with "**Reference**" of both "**MOHAMMED AL-HAMAHMI**" and "**AIDA ABDUL AZIZ**" (2009) (13), Which Refers To The Need To Pay Attention To **Motivate Citizens** To Participate In **Fitness And Sports For All** Programs, With Publicity And Advertising For These Programs Through The Means Of **Mass Communication** And Through The Announcement Of **Prizes** For Participation, And with "**Reference**" of "**FARADA HARZAWI**" (2004) (9), Where It Confirms That A Lot of Research Proved That Sport Has A Positive Effect On Career Longevity Which Varies By Sport Type, And That Older Persons Who **Practitioners** Sports Are More Energetic And Physically Fit Than **Non-Practitioners**.

And compatible with "**Study Results**" of "**BETHANCOURT**" (2014) (21), Which Conclusions That was Pillars of Participation in the Availability of Motivation, To Maintain Physical and Mental Health, And compatible with "**Study Results**" of "**MAHMOUD HASHIM**" (2016) (17), Which indicated to the incentives for participation of **Elderly** was Sleep better, improve balance, Get rid of the risk of falling, Enjoy the fun atmosphere, Achieving happiness, Improve public health, And With "**Study Results**" of "**MIYOKO MATSUO**" (2002) (19), Which Reached Its Conclusions That It Should Be Encouraged (**Practitioners**) To Continue To Participate In Physical Activity, because it Being An Important Factor In Improving (**QUALITY OF LIFE**).

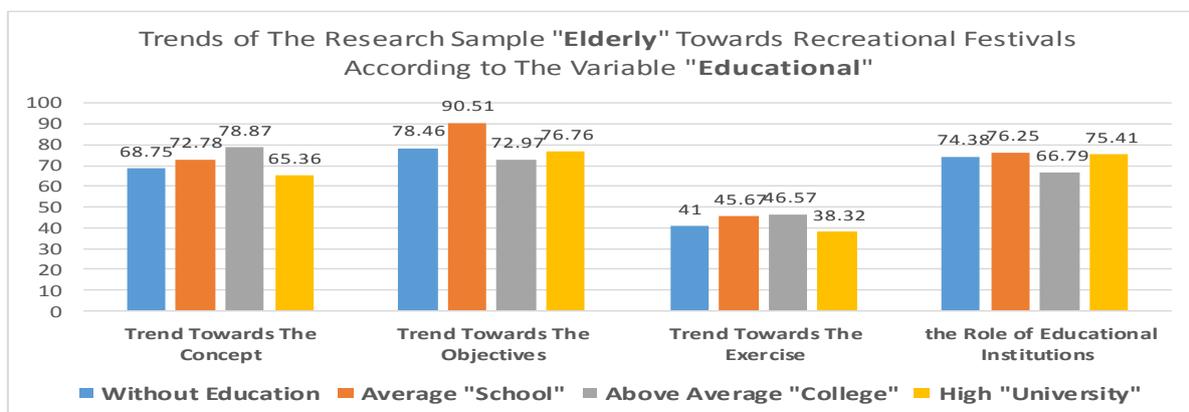


Fig. No. (6). Estimated Percentages for Total Responses of Research Sample

On scale Dimensions, According to The Variable "Educational" High "University" (37) - Above Average "College" (7) - Average "School" (6) - Without Education (4)

**Illustrated By Table (17), Figure No. (6),**

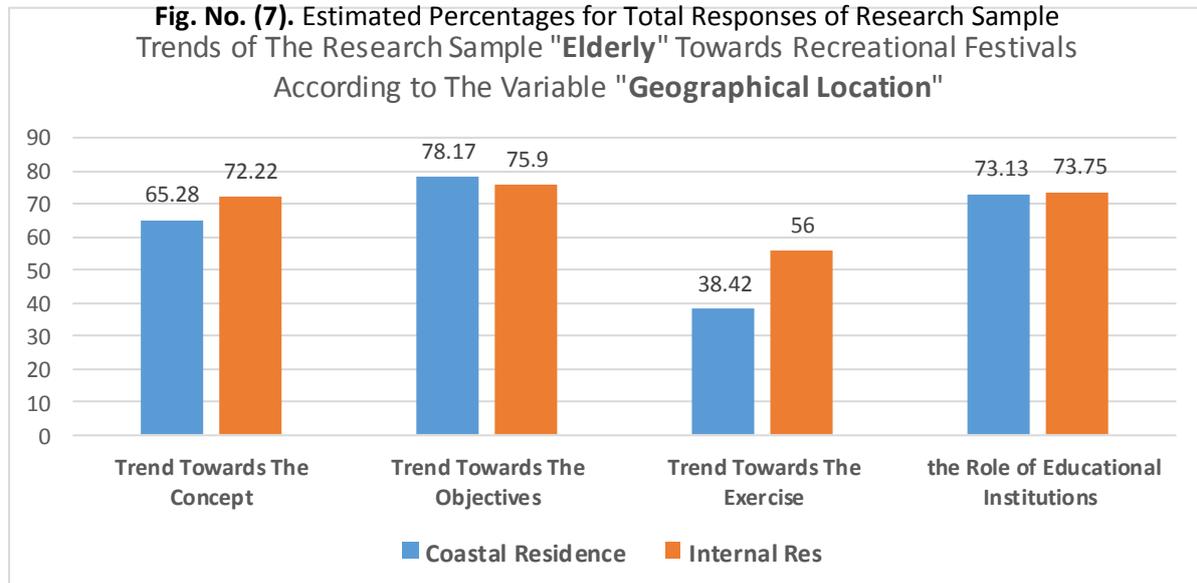
That Statistical value of (F) Less Than value of (F) That Tested at A Level of (0.05), On Responses of the Total Sample of the Research at Phrases of all Dimensions from the "Scale", According to the variable "Educational" (High "University" - Above Average "College" - Average "School" - Without Education), that Indicating to "Consensus" of research Sample In Responses.

As seen by "Researcher" That through the Experiences of "Educational and Practical" That "ELDERLY" Met During the Journey of Life, Through the Years of Work and Efforts Exerted, From The Giving And Production To Society, It is Necessary That These Efforts Be Matched By A "Vision And Strategy" To Facilitate The Enjoyment of **Leisure Time**, Resulting From The End Of Periods Of Work And Retirement from side, And The End Of Their Roles And Family Relations As A Result Of Separation And Stability Of Their Children In Life On The Other side, So As To Ensure **Leisure Time Investment**, In A Manner That Achieves The **Objectives Of Sporting Recreational Activities** From Various Physical, Physiological, Emotional, Cultural And Social Aspects, Through The Leadership And Supervision Of Academically Qualified **Recreational Specialists**.

These results were **Compatible** with "Reference" of both "MOHAMMED AL-HAMAHMI" and "AIDA ABDUL AZIZ" (2009) (13), Where It Refers To The Importance Of Scientific Planning For Sports Recreation Programs At The National Level, According To The Study Of The Characteristics Of Participants In Those Programs Of Different Groups In Society, As Well As According To Cultural, Social And Economic Conditions, According To The Prevailing Geographical And Climatic Conditions In Society, and with "Reference" of "FARADA HARZAWI" (2004) (9), Where It Confirms That the Regularity in the exercise of sports recreational activities based on Scientific fundamentals are correct, It can achieve independence for the **ELDERLY** To adapt to any new personal circumstances.

And compatible with "Study Results" of "CHI YANG" (2014) (18), Which Conclusions Which Confirmed The Importance Of **ELDERLY** Participation In **Sports Recreation Activities** Are necessary to Satisfying **Appreciation And Belonging, Love Needs, Self-Realization Needs, Physiological And Security Needs**, And Compatible With "Study Results" Of "REZA AMER" (2016) (4), Which Recommended To Add "**Curriculum**" to Explains The Concept Of **RECREATION** In Order To Spread Awareness And Achieve The Objectives Of Recreation, And Raise The **Family's Awareness** Of The Issue Of Recreation,

And Encourage Them To Play An Active Role Towards Recreational Education For Their Children.



On scale Dimensions, According to The Variable "Geographical Location"

Coastal Residence (48) – Internal Residence (6)

**Illustrated By Table (18), Figure No. (7),**

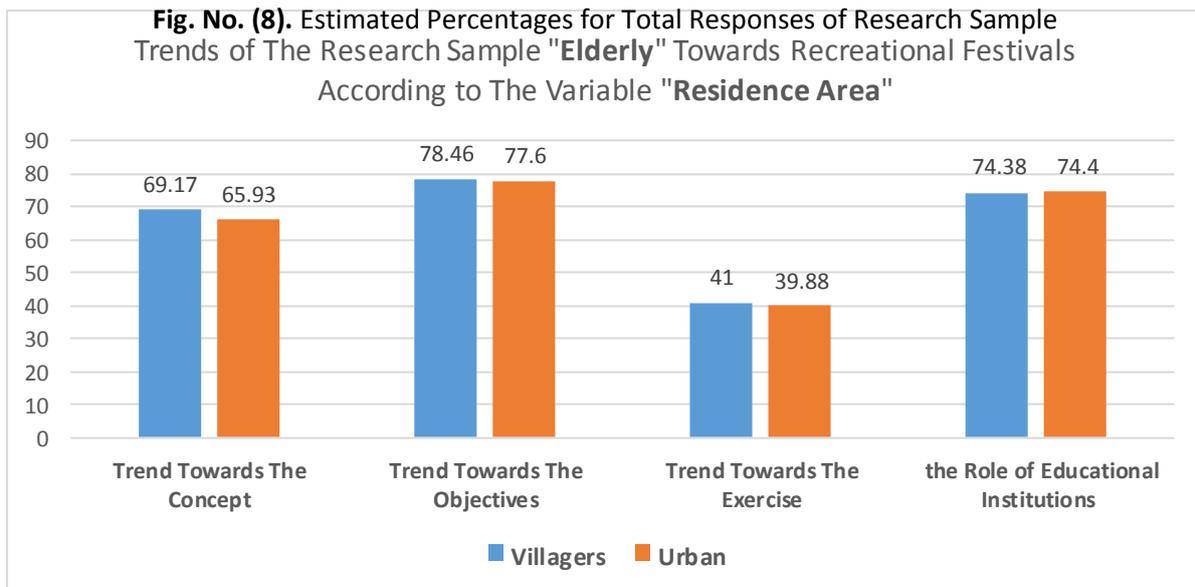
That Statistical value of (T) less Than value of (T) that Tested at Level of (0.05), On Responses of the Total Sample of the Research at Phrases of all Dimensions from the "Scale", According to the variable "Geographical Location" (Coastal Residence – Internal Residence), that Indicating to "Consensus" of research Sample In Responses.

As seen by "Researcher" That "Recreation Festival" That Characterized By Possibility To Establish Their Activities On The Sidelines Of Celebrations Of Various Events And In Different Places, and Its Possible To Take Advantage Of The Establishment Of their Functions To Benefit From different Programs Of Activities (Sports, Artistic, Social And Cultural), And Helping The "ELDERLY" To Visit New Places, And Enjoy The Practice, And Meet, And Get Friends, And Exchange Experiences, In a manner that ensures the development of various social, physiological, emotional and cultural aspects, And Develop Their Motivation Towards Recreational And Sports Practice In Particular, And Generally Participate In Physical Activity Programs.

These results were Compatible with "Reference" of both "MOHAMMED AL-HAMAHMI" and "AIDA ABDUL AZIZ" (2009) (13), Where It Refers To that it necessary to Provide sports convoys to move from areas and neighborhoods, and with "Reference" of "FARADA HARZAWI" (2004) (9), Where It indicate to Outdoor recreation Programs activities, that depends on Moving in New Exciting Security with Beautiful Natural Scenery, and Beautiful, So as to have fun, In Addition To Identifying, In Addition To Identification On These Places, That Including Gardens

Such As Zoo And Fish, And Places For Distinctive Butterflies, Rare Birds, Mountains, Islands, Historical And Archaeological Sites, In Order To Achieve A Lot Of Goals.

And compatible with "Study Results" of "BETHANCOURT" (2014) (21), Which Conclusions That was referred to "ELDERLY" That In Need Of Efforts To Health Care Systems To Promote Physical Activity, In Addition To Providing Alternative Methods To Enhance Lifestyle Choices.



On scale Dimensions, According to The Variable "Residence Area"

RURAL (50) – Urban (4)

**Illustrated By Table (19), Figure No. (8),**

That Statistical value of (T) Greater Than value of (T) that Tested at Level of (0.05), On Responses of the Total Sample of the Research at Phrases of all Dimensions from the "Scale", According to the variable "Residence Area" (RURAL– Urban), That Indicating to "Non-Consensus" of research Sample In Responses, and that indicating to the trends Towards for "Recreational Festival" For the sample of "RURAL" For The Responses Of Each Of The **First Dimensions** (Trend Towards The **Concept** Of Sports Recreational Activities), And **Second Dimensions** (Trend Towards The **Objectives** Of Sports Recreational Activities), And **Third Dimensions** (Trend Towards The **Exercise** Of Recreational Sports Activities), **But The Fourth Dimension** Responses (Trend Towards The Role Of **Educational Institutions** Towards Recreational Sports Activities) It Was For The Sample Of "URBAN".

As seen by "Researcher" That Can **Explained** the Differences of Result of Trends towards Participate in **RECREATION FESTIVAL** come for the sample

(RURAL) The **Concept, Objectives** and **Exercise** of **Recreational Activities** Can Be Interpreted As The "Rural" Lifestyle Imposes More Movement On The Pioneers, Where The Movement Is Linked To The Pursuit Of Basic Daily Needs, **In Contrast** To The Nature Of Life In The "Urban" Where The Lifestyle Makes "ELDERLY" depend on the use of modern technology To Pursuit A Lot Of Their Daily Activities, Which Has An Effect On The Lack Of Activity, And Movement, And The Consequences Of Obesity Symptoms, **Therefore**, The Sample Of The Research Of The "Urban" Looks To The Trend Towards The **Practice Of Sports Recreational Activities**, As A Result Of Their Sense Of The Need To Exercise An Activity That Is Organized And Safe, Enabling Them To Get Agility In Motion, And Overcome The Pain Of The Back And Joints, Which Can Be Achieved Through Participation in the Events Of The **RECREATION FESTIVALS**, Where the **Educational Institutions** can provide opportunities Can Satisfy All Desires And Tendencies.

These results were **Compatible** with "**Reference**" of both "**MOHAMMED AL-HAMAHMI**" and "**AIDA ABDUL AZIZ**" (2009) (13), Where Indicating the Necessary for Pay Attention to Equipped with Roads for Walking and Cycling in Both (**RURAL– URBAN**), To facing the increasing demand for these activities, because of its importance in the lives of citizens, to maintain their physical fitness and prevent many of the modern diseases, and **Compatible** with "**Reference**" of **MOSAD EWIES**" (2007) (16), Where Emphasizes That **Leisure** and **Recreation** Are Working To Provide the **Human Needs**, Which are required by current living conditions, and They work To enrich the lives of citizens, through Practicing Sport, Relaxing And Enjoying The Arts And Natural Sciences, Therefore, Leisure Investment Has Been Of Great Importance To All Citizens, Whether **Urban** Or **Rural**.

And compatible with "**Study Results**" of "**CHI YANG**" (2014) (18), Which Conclusions Which Confirmed that **The most important results were:** The ten most popular sports activities were "**Jogging, Brisk Walking, Dancing Square, Cycling, Taiji, Badminton, Table Tennis, Hiking, Ball Gate, And Fishing**", And Compatible With "**Study Results**" Of "**MAHMOUD HASHIM**" (2016) (15), Which Conclusions Which Refer To The Most Important Challenges Of Physical Activity (No Family Encouragement, No Encouragement For Physical Activity, Belief That Injury Is Associated With Practice, Lack Of Practice Clinics, Traffic Congestion, Poor Ability To Purchase Sports Equipment).

## Conclusions and recommendations

### Firstly: CONCLUSIONS:

Through the research objective, within the sample, procedures, and results obtained, the statistical results proved:

#### "Sample" (N=54)

1. **"AGREEMENT"** Trends of **"ELDERLY"** from Research Sample Towards Participation in **Recreational Festivals**, Where It Ranked In **First Place** Trends Towards The **Concept** Of Sports Recreational Activities By **82.72%**, Followed By The **Objectives** of Sports Recreational Activities By **77.92%**, And Then The Trend Towards **The Role Of Educational Institutions** Towards Sports Recreational Activities By **74.31%**, and in last place Trend Towards **Exercise** Sports Recreational Activities By **42.14%**.

#### "Gender" (Male and Female)

2. **"AGREEMENT"** Trends of **"ELDERLY"** from Research Sample **According To** The Variable **"Gender" (Male And Female)** Towards Participation In **Recreational Festivals**, about Trend Towards **Objectives** Of Sports Recreational Activities came at the **First Place**, **But "DISAGREEMENT"** about **Results** of Participation In Sports Recreational Activities, Where The Trends Of **"MALE"** Came towards (**Stimulate Blood Circulation And Increase The Efficiency Of The Heart Muscle**) And (**Distance From Daily Trouble And Relaxation**), While Trends Of **"FEMALE"** Came towards (**Enjoying The Outdoors And Fulfilling The Need To Meditate On Nature**) And (**Supporting Family Bonding With Exercise**).

#### "Age" (Less Than 55 - 55 To 65 - Greater Than 65)

3. **"DISAGREEMENT"** Trends Of **"ELDERLY"** From Research Sample **According To** The Variable **"Age" (Less Than 55 - 55 To 65 - Greater Than 65)** Towards Participation In **Recreational Festivals**, Where It Ranked In First Place for sample of **"ELDERLY"** Among **"Less Than 55"** And **"Greater Than 65"** Came Towards **Objectives & Results** Of Participation In Sports Recreational Activities (**Distance From Daily Trouble And Relaxation**), (**Stimulate Blood Circulation And Increase The Efficiency Of The Heart Muscle**) And (**Enjoying The Outdoors And Fulfilling The Need To Meditate On Nature**), While Trends **"ELDERLY"** Among **"55 To 65"** Came Towards The **Concept** Of Sports Recreational Activities, As A Means (**To Enjoy At Leisure Time**) And (**Suitable For All Ages**).

#### "Recreation Practice" (Practitioner – non-Practitioner)

4. **"AGREEMENT"** Trends of **"ELDERLY"** from Research Sample **According To** The Variable **"Recreation Practice" (Practitioner – Non-Practitioner)** Towards Participation In **Recreational Festivals**, where It Ranked In **First Place** Trends Towards **Objectives** Of Participation In Sports Recreational

Activities **But "DISAGREEMENT"** about **Results** of Participation in Sports Recreational Activities, Where The Trends Of "**Recreation Practitioner**" Came towards (**Stimulate Blood Circulation And Increase The Efficiency Of The Heart Muscle**), While Trends Of "**Recreation Non-Practitioner**" Came towards (**Distance From Daily Trouble And Relaxation**), And The "**RESEARCHER**" Found An **Agreement** Between (**Practitioner – Non-Practitioner**) About Result Participation In Sports Recreational Activities Is (**Enjoying The Outdoors And Fulfilling The Need To Meditate On Nature**).

**"Sport Practice"** (Practitioner – non-Practitioner)

5. "**AGREEMENT**" Trends of "**ELDERLY**" from Research Sample **According To** The Variable "**Sport Practice**" (**Practitioner – Non-Practitioner**) Towards Participation In **Recreational Festivals**, where It Ranked In **First Place** Trends Towards **Objectives** Of Participation In Sports Recreational Activities **But "DISAGREEMENT"** about **Results** of Participation in Sports Recreational Activities, Where The Trends Of "**Sports Practitioner**" Came towards (**Stimulate Blood Circulation And Increase The Efficiency Of The Heart Muscle**), While Trends Of "**Sports Non-Practitioner**" Came towards (**Supporting Family Bonding With Exercise**), And The "**RESEARCHER**" Found An **Agreement** Between (**Practitioner – Non-Practitioner**) About Result Participation In Sports Recreational Activities Is (**Enjoying The Outdoors And Fulfilling The Need To Meditate On Nature**).

**"Education"** (University - College - School - Without)

6. "**DISAGREEMENT**" Trends of "**ELDERLY**" From Research Sample **According To** The Variable "**Education**" (**University - College - School - Without**) Towards Participation In **Recreational Festivals**, Where It Ranked In **First Place** for sample of "**ELDERLY**" Among (**University - School - Without**) Came Towards **Objectives** Of Participation In Sports Recreational Activities, **But "DISAGREEMENT"** about **Results**, where the Sample of "**Without**" Towards (**Stimulate Blood Circulation And Increase The Efficiency Of The Heart Muscle**), And (**Engaging In Society And Achieving Satisfaction With Life And Expressing Feelings**), where the Sample of "**School**" Towards (**Stimulate blood circulation and increase the efficiency of the heart muscle**), (**Exposure to sunlight**), where the Sample of "**College**" Towards (**Enjoy The Outdoors And Satisfy The Need To Meditate On Nature**), (**Supporting Family Bonding With Exercise**), While Trends Ranked in **First Place** for Sample "**College**", Came Towards **Concept** Of Participation In Sports Recreational Activities, As A Means (**To Lose Excess Weight Due To Lack Of Movement**) And (**To Improve An Individual's Lifestyle**),

**"Geographical Location" (Internal Residence – Coastal Residence)**

7. **"AGREEMENT"** Trends of **"ELDERLY"** from Research Sample **According To** The Variable **"Geographical Location" (Internal Residence – Coastal Residence)** Towards Participation In **Recreational Festivals**, where It Ranked In **First Place** Trends Towards **Objectives** Of Participation In Sports Recreational Activities, **But "DISAGREEMENT"** about **Results** of Participation in Sports Recreational Activities, Where The Trends Of **"Internal Residence"** Came towards (**Stimulate Blood Circulation And Increase The Efficiency Of The Heart Muscle**), While Trends Of **"Coastal Residence"** Came towards (**Supporting Family Bonding With Exercise**), (**Distance From Daily Trouble And Relaxation**), And The **"RESEARCHER"** Found An **Agreement** Between (**Internal Residence – Coastal Residence**) About Result Participation In Sports Recreational Activities Is (**Enjoying The Outdoors And Fulfilling The Need To Meditate On Nature**).

**"Residence Area" (RURAL – Urban)**

8. **"AGREEMENT"** Trends of **"ELDERLY"** from Research Sample **According To** The Variable **"Residence Area" (RURAL – Urban)** Towards Participation In **Recreational Festivals**, where It Ranked In **First Place** Trends Towards **Objectives** Of Participation In Sports Recreational Activities, **But "DISAGREEMENT"** about **Results** of Participation in Sports Recreational Activities, Where The Trends Sample Of **"RURAL"** Came towards (**Engage in society and achieve satisfaction with life And expression About feelings**), (**Exposure to sunlight**) and (**Generate a sense of security**), While Trends Of **"Urban"** Came towards (**Supporting Family Bonding With Exercise**), And The **"RESEARCHER"** Found An **Agreement** Between (**RURAL – Urban**) About Result Participation In Sports Recreational Activities Is (**Stimulate blood circulation and increase the efficiency of the heart muscle**), (**Enjoying The Outdoors And Fulfilling The Need To Meditate On Nature**) and (**Distance From Daily Trouble And Relaxation**).

**Second Recommendations:**

- 1) The Interest of Educational Institutions in The Trends Of **"ELDERLY"** Towards Participation In **"Recreational Festivals"**, And The Resulting From Their Participation In Various Programs About Sports, Artistic, Cultural And Social, From **Satisfying** All Aspects Of **Physical, Emotional, Social And Cultural**.
- 2) Paying Attention to The Role Played By **"Recreational Festivals "** Through Their Activities And Programs Of Opportunities To Return **"ELDERLY"** To Participate In Social Roles After Retirement, And Invest Their Leisure Time, to Exchanging Experiences And Knowledge, and Reap **The Benefits** Of Years Of Work Experience Through **New Community Roles**.

- 3) Interest in The Activities Of "**Recreational Festivals**" Periodically, And The asking for Sports And Recreational Specialists In The Supervision Of Programs And Recreational Activities, to Provided Ensuring Their Diversity As It Serves A Large Sector Of The **Elderly Community**, To feeling **Satisfy in Their Needs** And Rediscover Their **Abilities, Skills And Talents**.
- 4) Interesting In Advertising And Media Through Various Media About The Importance Of Recreational And Sports **Practice** And The Results Of Participation In Its Programs From Keeping Stimulate Blood Circulation, Increase Heart Muscle Efficiency And Maintain Fitness, And The Opportunity To **Re-Engage** In Society, And Make New Friends And Achieve Satisfaction With Life.

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