

A Review to Overrecreation on Effects and Future Perspectives

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Article History

Received: 16.09.2023

Accepted: 26.12.2023

Keywords

Overrecreation

Sustainability

Future perspective

Abstract

Overrecreation is emerging as a new concept that ecological environment and sustainable tourism activities have faced in recent years. There are some negativities such as uncontrolled growth, density and unplannedness brought about by this development. Recreational activities carried out without considering these problems can lead to discussions at both the national and international levels after a certain period of time. The problems that can be caused by the intense interest in recreational activities in destinations have brought up the issue of "overrecreation", which is becoming increasingly important in the literature. This research presents the foreseen future perspectives on the subject by addressing the basis, effects and consequences of overrecreation. With this research, it is aimed to contribute to overrecreation, which is limited in the related literature. As a result of the research, it is understood that scientific studies on the subject are insufficient and authorized institutions do not act sensitively. While it is understood that the subject is expressed in a very limited way in the relevant literature, it is observed that the negative effects are not taken into account. In the field of application, it is understood that the large number of participants and possible harm to the environment are ignored due to commercial concerns. In the light of the results obtained, some suggestions are presented and attention is drawn to the issue of overrecreation.

Article Type

Research Article

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DOI: 10.21325/jotags.2023.1349

INTRODUCTION

Recreational activities are attracting increasing attention because they support physical and spiritual development. Recreation types can be done in many open or closed areas, especially in tourism destinations, entertainment venues, concert areas and organization areas. The fact that recreational activities provide high economic returns and create a developing effect in the area where they take place continues intensively with the support of governments and relevant organizations (Swindell & Rosentraub, 1998). However, as in every field, some negativities may be reflected in the environment and system in recreational activities. It can cause various consequences such as destruction of the ecological environment (Zhang, 2019), waste of natural resources (Cilimburg et al., 2000) and socio-cultural damage to the destination (Arni and Khairil, 2013). In this regard, it is important to take into account the negative aspects of recreational activities, as opposed to providing unlimited support by taking into account their positive effects. Because no resource in nature is infinite, a recreation activity that is not planned and programmed can cause more harm than good.

The aim of this research is to develop a scientific perspective on the problems that may arise in overrecreation situations and to draw attention to the situation in the future. In addition, some suggestions in line with sustainable policies are presented to relevant people and institutions.

Overrecreation

Recreation has attracted increasing attention from all segments of society in recent years (Williams & Shaw, 2009). There is interest in many types of recreation based on physical and spiritual reasons. Recreational activities receive the support of the society as they produce beneficial results for disadvantaged people, especially children, third-age groups and disabled people. Governments and non-governmental organizations are also aware of the benefits of recreation and carry out policies on its development. However, negative situations that may arise as a result of the rapid increase and spread of recreational activities over large areas can be ignored (Sharp et al., 2017).

As in all areas of the service sector, excessive approaches in recreation activities can harm the environment and society. Extremism can be defined as environmental destruction, lack of planning and uncontrollable administrative processes that occur as a result of services provided above a certain level. In this regard, the concept of overrecreation represents overrecreational activities and expresses their possible consequences.

The phenomenon of overrecreation has not yet been conceptualized and there is no scientific study determining how to define the factors. A study conducted to fill a similar conceptual gap aims to create ideas by answering the following questions: First, to conceptualize the idea of overservice by identifying overservice approaches in recreation. Afterwards, it is to qualitatively determine excessive service behaviors in recreation. Finally, it is to develop and improve the overservice behavior of recreation (Sun et al. 2022).

Little is known about how to strengthen recreation and travel spending and its determinants. This situation reveals the lack of scientific studies on the subject and proves that its negative effects are unknown (Capocchi et al., 2019). In this context, with this research, the issue of overrecreation is touched upon and its infrastructure is discussed within the scientific framework. In addition, light is shed on the extreme consequences of recreational activities by putting forward hypotheses about their possible effects in the future.

Theoretical Framework

It is known that many people are motivated to travel for recreation for reasons such as personal pleasure, location and status, family leisure time, cultural enrichment, religious obligations and children's mental development (Almani et al., 2012). A study on recreation has also found that it is accepted as a way to ensure that leisure time is structured in a way that both provides them with the opportunity to relax and provides activities that will enrich their children. Additionally, it is observed that their families actively sacrifice on entertainment and travel expenses in order to participate in recreational activities (Khan et al., 2021).

While the term overrecreation reveals a new phenomenon, it also emphasizes attention to sustainable principles. Awareness of recreation has gradually increased as a result of the positive effects of economic developments in human life combined with sufficient leisure opportunities (Pitas et al., 2020). Although this situation first manifested itself with small-scale events, over time it started to turn into major activities of the destinations.

It is observed that recreational activities are becoming increasingly common in tourist destinations and city centers due to their increasing impact on entertainment, rest, relaxation and personal development. In this context, recreation, which has begun to exist on a global scale, attracts the attention of economic entrepreneurs and allows investments to be made in this area (Allan, 2019). However, there is no exact definition of overrecreation in periods when a certain level is reached. During the definition phase, the characterization recognized and the parameters to be included are important. The maturation of the word takes place in three interconnected stages: growth, concentration and governance. The first growth occurs with the understanding of the responsibility and importance of recreation. Later, with the positive effects of social media and experience transfer, the growth of recreation became massive and began to be seen in all areas of the world. This situation brings about the results of density and crowding in the destinations where the activities of participants moving for recreational purposes take place. With the excessive use of recreational activities, carrying capacity and environmental sustainability concerns have reached increasingly alarming levels in recent years. In the governance dimension, it is understood that recreation has a multifaceted effect when evaluated in terms of its impact on regional resources and international relations (Ghermandi, 2015).

Construction, organization and recreational activities at a level that destinations cannot handle can harm sustainable development policies in the long term (Hall, 2021). Overrecreation can cause some problems such as economic disruption, cultural conflict and lack of management, which occur when the activity area or center reaches conditions that it cannot handle. However, it can cause irreversible damage by damaging the natural environments and cultural values where it occurs. Although overrecreation was first accepted as a management that acts contrary to sustainable approaches, it is stated in the relevant literature that it has much more negative effects over time (Tucker & Matthews, 2001; Yeh et al., 2006; Tanner et al., 2019). It is stated that recreation opportunities that turn into investments for illegitimate economic purposes make people residing in the region uneasy (Rychert et al., 2021). It is also seen that it causes problems such as waste of natural resources and improper waste management (Przydatek, 2019). As a result of these and similar situations occurring frequently, taking precautions regarding the issue has come to the fore. As a matter of fact, issues regarding extremism were discussed at the Ministerial Summit of the World Tourism Organization (UNWTO) at the World Travel Market in 2017. Areas where excessive tourism and recreation activities take place are marked with colors indicating certain levels (Goodwin, 2017). It is of great importance to include signs and symbols indicating overrecreation in areas where recreational activities are carried

out.

Methodology

The aim of this article is to investigate the concept of overrecreation and review its extent in the international literature. The literature review also enables the use of the best available evidence on the subject in daily practice (Linnenluecke et al., 2020). The systematic literature review is a final result of collecting, critically evaluating, separating and combining the findings of additional research versions on a research question or topic of interest (Pati & Lorusso, 2017). Systematic literature management was preferred in this research. The concept of overrecreation in the literature shows the extent to which recreational activities take place within the scope of scientific study and encourages future research studies on the subject. In this context, a good review should be comprehensive, referenced, selective, balanced, critical, and carried out with an analytical approach by synthesizing the main themes (Steward, 1972). In this research, a similar method was adopted and the research process on the subject was completed in three stages: the origin of the word, its effects with case studies and future perspectives. The research process is shown in Figure 1.

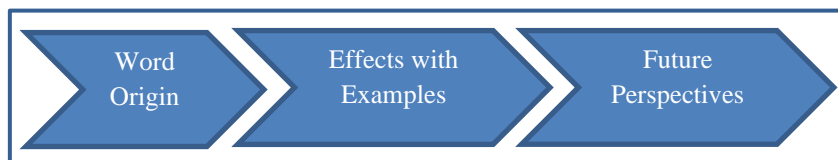


Figure 1. Research Process

Origin of the Word

Scientifically, studies on overrecreation are examined in depth in line with ecological and sustainable policies. As the usability and impact of this new term is explained in a meaningful way, the dimension of the concept becomes more important. On the other hand, the fact that no scientific study on the term has been fully conducted shows conceptual unclarity. This situation prevents the word from being transformed into a logical perception by the readers. In cases where the meaning is unclear or difficult to understand, it becomes more important to systematically convey the origin of the term and the semantic values it reveals (Fischer et al., 2017). In this context, overrecreation can be used as a tool to legitimize ideas on the subject or can create more specific connotations.

Although the concept of recreation is included occasionally in some studies, it was defined by Shivers in 1981 and introduced into the relevant literature. From this date until the 2000s, recreation began to occupy a wide place as a leisure time activity and had an impact on human behavior and orientation (Mackay and Crompton, 1988). Recreation, which benefits human health both physically and mentally, has managed to attract the attention of many segments of society during this period. After 2000, the impact of recreational activities began to increase as a result of the introduction of technology and infrastructure opportunities. However, with the rapid numerical increase of overrecreational activities, their extremely negative impact on the region where they take place has become a source of concern on the host communities and the ecological environment (Ferreira et al., 2021). While it is observed that there is a decrease in the perceived quality of life of the people around with overrecreation, it is observed that the participants also have negative experiences (Dorwart et al., 2009). This situation is defined in the UNWTO report as the problems caused by rapid growth. Economic reasons and intense accumulation caused by high demand can turn the positive effects of recreation into negative ones. Although developed and developing countries try to take

precautions against this situation, adequate rules may not be fully implemented (Kozbagarova et al., 2022). In simple terms, the lack of a good management approach towards overrecreation and the existence of uncontrolled developments negatively affect the process.

The main problems in overrecreation can be listed as inadequacy in city infrastructure and superstructure, cultural corruption, overcrowding, inflation effect, exclusion of local residents, populism, political gain and damage to the environment. Again, excessive activities have negative consequences from a sociological and psychological perspective.

If the measures taken against overrecreation are effectively implemented, it will be possible to talk about sustainable recreation policies. Instead of maximizing the economic benefits provided by recreation, healthy economic growth should be preferred. In this way, one can be a conscious recreation participant by drawing attention to possible harmful side effects on the social, cultural and ecological environment. Overrecreation can evolve towards qualitative growth with intense pressure from non-governmental organizations and local people. At this point, recreational activities that will turn into higher local added value should be planned and overrecreational conditions should be avoided with a planned management approach in line with sustainable principles (Lime & Stankey, 2019).

Effects of Overrecreation with Examples

The concept of overrecreation has become even more important with the emergence of intense activities in recent years. Especially recreational activities carried out within a region, city or country have put centers that are accepted as destinations under serious pressure. While these destinations face the consequences of overrecreation, they can also be damaged by an unconscious view of the concept. In this context, in this part of the research, the effects of overrecreation are examined with case studies.

Activities organized by low-cost and high-profit organizations without taking into account the carrying capacity of destinations are one of the most common types of overrecreation (Yun et al., 2022). In this regard, a healthy park planning and management approach should be demonstrated, and the optimum level that physical and social capacity can handle should be determined. Recreation carrying capacity is expressed as an important concept that predicts recreation use for theme parks and protected areas (Sayan & Atik, 2011). Recreational carrying capacity is the limit at which a destination developed to a certain level can be realized without harming the physical environment or the experiential quality of the participant. Carrying capacity in recreation areas has three basic characteristics: management goals, participant behavior and physical resources. In recreation management, decision makers must set a specific quota limit before participants are eligible to participate in an activity or enter an area. It should also ask participants to demonstrate knowledge or skill about the possible harms of overrecreation and convey that they should act consciously in places where there is high demand (Lime & Stankey, 2019). According to a study conducted in the coastal regions of Spain; It is seen that the number of hot spots of recreation participants increases as the regional unit used in the destination becomes smaller. In short, it is stated that the recreational carrying capacity density of the region should be regulated by defining more optimum management scales (López-Dóriga et al., 2019). Crowding and intense number of participants are among the most fundamental and most studied issues in recreation. As the number and diversity of visitors to parks and outdoor recreation areas has increased over the past several decades, concerns about the potential impacts of these trends on the quality of outdoor recreation experiences have also increased (Manning & Valliere, 2001).

Overrecreation may also experience problems due to mass participation. Many recreation centers are faced with the density of participants who come in groups and put pressure on the destination (Smallwood et al., 2012). This situation reduces the quality of life of people residing in the region and creates negative perceptions. In addition, due to the recreational activities in the region, an inflationary effect may occur, causing difficulties in the purchasing power of the local people. As products and services focus on the needs of visitors, a feeling of marginalization may arise for people trying to survive in the region. At this point, local people may feel anger and unrest towards recreational activities (Madgin et al., 2016). In fact, recent protests against travel and recreation activities in European tourism have been held and propaganda is presented about how the right activities are carried out (Volgger & Huang, 2019). Reactions of local people can be seen in recreation centers such as Vienna, Paris and London, where intense recreational activities are organized, as in Barcelona and Venice (García-Hernández et al., 2017).

Another problem caused by overrecreation is the centers with bad reputations. There are negative perceptions such as theft, harassment and physical attack that arise as a result of frequent recreational activities. The notoriety effect can be a significant obstacle for people who want to participate in recreational activities, especially in some popular destinations such as North Africa and South America. In this context, participants may lose their motivation to travel to destinations with bad reputations and have to choose alternative destinations. Because bad reputation increases the likelihood of recreation participants encountering life-threatening or negative situations, specific to the destination (Ryan, 1993).

One of the most basic indicators of overrecreation is the damage it causes to the environment and its destructive impact on natural habitats. Irreversible consequences may occur when the waste caused by participants damages the eco-environment in an unsustainable manner. Environmental problems may occur, such as the release of polluted elements into the sea through seaside activities, the release of gases that harm the atmosphere through vehicle racing activities, and the rapid construction of superstructures for commercial reasons without taking nature into consideration. Protecting biodiversity and the eco-environment from the potential harmful effects of recreation is a key concern for conservation planners and land managers facing increases in park visitation rates (Larson et al., 2016).

Within the scope of recreational activities, musical activities represent a significant share and constitute a serious factor in the motivation of the participants. Many types of events can take place in destinations, such as musical events, random throwing of garbage, or creating unrest through noise. A study conducted in many regions of the United States reveals the negative impact of noise caused by recreational activities on the quality of life. It is also stated that noise brings prejudices against recreational activities (Bunds et al., 2019).

Abandoning a balanced sustainable management approach with the goal of continuous growth threatens the future of recreational activities. Although ideas on the subject are presented by discussing extreme activities openly and critically, overrecreation can be ignored due to commercial concerns. It is revealed that this situation may be even worse as the income from recreation constantly increases and demand grows (Lee & Chen, 2022). While it is stated that excessive investment may lead to unplanned management and unpredictable results for the region, it is stated that the balance of cost and benefit will have extremely negative effects (Brassard et al., 2018).

Recreational activities carried out near and within cultural heritage resources can damage historical structures and go against the concept of conservation. Considering that these assets and resources host concerts, exhibitions and

audio-visual events, it seems that the recreation activity border needs to be planned much better. In 2020, the global COVID-19 epidemic and normalized prevention and control measures have made the selection of entertainment destinations more careful. A study on Shenzhen Nantou Ancient City also reveals that Shenzhen Nantou Ancient City is also in danger, stating that recreational activities can damage unique cultural structures if they are not limited and controlled (Wenjie, 2022).

There are cases where overrecreation directly affects the destination. Based on this, the effects of overrecreation on the destination life cycle are discussed in the relevant literature. During the destination life cycle, the fact that recreational activities begin to cause harm in terms of development and results is discussed critically and is realized as negative emotions towards the participants. The intensity of overrecreation on destinations has become more evident in recent years. Behaviors against recreational activities are observed in popular destinations such as Venice, Dubrovnik, Santorini, Barcelona and Amsterdam (Alexis, 2017).

Campaigns and discounts organized for recreation may cause programs to encounter problems in some cases. Because the carrying capacity that the recreation center cannot meet can exceed the critical level with excessive demand. This situation can cause serious problems in rural and natural areas, especially in city centres. On the other hand, considering the negative effects it has on the center's image, the reasons caused by overrecreation are better understood. It is understood that it is important to carry out campaigns and advertisements in this direction in a way that does not harm the dynamics and planning of the region. Again, in order to prevent these problems, government policies have balancing steps and limiting decisions (Nousiainen & Mola-Yudego, 2022).

Future Perspectives

It is expected that the effects of extreme activities will become increasingly important in studies on recreation in the future. It is expected that the number of similar studies on overrecreation will increase and the focus will be placed on scientific research on the causes of the phenomenon. First of all, it is thought that with the emergence of overrecreation awareness, policies, directives, organizations, crisis management and analytical analyzes will be handled multidimensionally. This approach can only emerge if it is supported by the efforts of relevant institutions and individuals.

If there is awareness about overrecreation, it is expected that approaches such as correctly reducing the crowd and good distribution of seasonal demand will be taken as basis instead of limiting participation in recreation. It is also foreseen that a management approach that respects ecological boundaries can be formed and careful planning will be carried out regarding carrying capacity. In terms of cultural elements, it is assumed that protective and respectful recreation activities can be organized. It is thought that with cultural awareness, the perception of archaeological, artistic and architectural works will become more accepting.

It is evaluated that landscape and area evaluations will be made by reviewing the infrastructure and superstructure construction according to the number of recreation participants. As a matter of fact, in areas where recreational resources are located, there are projects where many dimensions such as cleaning vehicles, parking lots and rest areas are considered separately (Lee et al., 2010). In terms of technology, it is said that the digital era will be transitioned to the maximum extent and technological devices containing smart applications will be offered to the service of recreation participants (Valenzuela, 2020). In this context, considering the huge investments made by IT companies

in recreation activities, it is estimated that the relationship between recreation and technology will gradually increase.

While growth in recreation is expected to continue under balanced conditions, it is thought that extreme situations will not be ignored by both businesses and participants. In fact, it is assumed that solution approaches may arise on the relevant issue, from certain prohibitions to legal measures. It is stated that the success achieved in past studies on this subject may continue to increase in the future (Veiga et al., 2017).

The idea is that a management approach that suits the interests of both parties can be achieved in order to ensure social harmony between recreation participants and local people and to eliminate separatist ideas. The positive image of recreational activities can be maintained in terms of development, increasing welfare and employment, especially in rural and underdeveloped areas with recreation potential.

It would be natural for service recipients and service providers to suffer mutual harm as a result of the insistence on continuing recreational activities excessively. Over time, this situation will appear as "an unacceptable decline in the quality of life of citizens and the quality of experience of visitors", as stated in the United Nations World Tourism Organization (UNWTO) 2017 report (Duignan, 2019). In addition, as natural and artificial recreation resources begin to run out over time, this may cause serious decreases in the demand of participants. On the other hand, as social lack of communication occurs, irreversible consequences such as commodification and corruption of culture may occur.

Conclusion

It is understood that this research on the concept of overrecreation has not yet been investigated in detail in the relevant literature. However, considering the increase in curiosity and research on the subject in recent years, it is estimated that more scientific research will be conducted in the future. Analysis of the existing literature in studies similar to this research shows that the term overrecreation does not represent a new phenomenon, on the contrary, it creates awareness of an existing situation. In addition, the concept of overrecreation reveals negative situations comprehensively by explaining not a single phenomenon, but many phenomena. Considering that overrecreation dimensions will become increasingly important in the near future, it is anticipated that more research will be conducted in connection with sustainability issues.

In line with the research results, it is seen that the discomfort caused by the perception of crowding occurs. It may occur in situations such as the local people's reaction to overrecreation after a certain period of time and the destination being associated with a bad reputation. Again, reasons such as environmental pollution and noise caused by overrecreation are other obstacles to sustainability. Possible damage to natural areas and cultural structures is one of the main prejudices against overrecreation. Overrecreation's destruction of these elements that society values can lead to irreversible consequences. This situation is expressed in terms of exhaustion and hatred in the destination life cycle, proving the degree of the problem.

Considering similar research on the subject; negative educational situations are also observed in studies of overrecreation among Colombian preschoolers, children and adolescents (González et al., 2022). Also a study conducted in the western United States states that the risk of forest fires has increased as a result of excessive recreation in the region where outdoor recreation is most intense. These fires not only destroy recreational areas but can also cause serious damage to the environment (Gellman et al., 2022). However, it is stated that overrecreation does not limit the number of participants and is not as harmful as expected (Gulam, 2016). Again, it is stated that

overrecreation or tourism activities raise awareness about the promotion of the region, and this does not coincide with the results of this research (Muiga & Rukwaro, 2017).

The biggest problem regarding overrecreation is shown to be the low level of awareness of the participants and the local people living in the destination area. This situation arises from the fact that an approach that perceives the rate of increase in recreational activities as success ignores sustainable development. As a result of these developments, while recreational activities increase, balanced growth and healthy management approaches may be abandoned. In the final stage, it is estimated that recreational activities may cause serious problems such as cultural corruption and social communication disorders.

While it is necessary to act in line with sustainable principles for overrecreation, paying attention to the issues mentioned above is the most important process management. In addition, it is stated that it may be important to implement an innovative approach in measures against extreme activities in recreation (Mooser et al., 2021). At this point, the use of smart applications, especially with heat maps, allowing visitors to enter areas according to periodic hours in order to prevent crowding and reduce density, will make a significant contribution. In addition, waste garbage should be separated by type in recreation centers and participants should be made aware of the issue through digital applications. However, it is thought that as a result of conveying the extent of the damage to nature and cultural structure to the participants in three-dimensional visuals, there will be sensitivity about overrecreation. Based on this, it is recommended that researchers who are interested in the subject contribute to a better understanding of the subject by studying overrecreation. In addition, relevant stakeholders are recommended to make their programs and policies by taking into account the harms caused by overrecreation.

The literature review is limited due to the lack of sufficient scientific research in terms of research overrecreation terminology. However, it is anticipated that this situation will change in the future with the increase in literature review and methodological studies on the subject of overrecreation. In this context, while it is recommended to conduct more research on the subject, it would be beneficial to pay more attention to the effects of overrecreation in the field of application.

Ethical Statement

During the writing and publication of this research, the rules of Research and Publication Ethics were followed and no falsification was made in the data obtained for the research. Ethics committee approval is not required for the study.

Contribution Rate Statement

From the drafting of the research article to the final version, the author contributed to all processes with all his knowledge and equipment, and evaluated and approved the final version.

Conflict Statement

This study did not lead to any individual or institutional/organizational conflict of interest.

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