

THE MAIN FACTORS AND CHARACTERISTICS OF THE DEVELOPMENT OF SEASONAL RECREATION SYSTEMS IN THE REPUBLIC OF UZBEKISTAN

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Abstract:

This article talks about the phenomenon of seasonality and the natural, social and economic factors that affect it in tourism and recreation activities. Seasonal recreational activity is considered a widespread type of activity nowadays, and it is mainly a type of social activity.

Keywords: Tourism, seasonal tourism, seasonal periods, «dead» season, two-season regions, regional recreation systems, one-season regions, non-seasonal regions.

INTRODUCTION

Recreational activity, play an important role in improving people's health, increasing labor productivity, and relieving stress and depression. Being a living organism, a person feels the need to rest and be in harmony with nature throughout his life, especially in urban areas where the population, production enterprises and transport networks are densely located.

Nowadays, the recreation and tourism sector is one of the rapidly developing sectors of the world economy. In many countries, the increase in the income of the population and, thereby, the increase in the standard of living is the impetus for the extensive development of this industry. The development of recreation and tourism is taking place intensively, especially in developed countries of the world with the highest incomes.

Also, recreation and tourism activities have been developing widely in our country in recent years, and for this, our government is carrying out systematic work aimed at specific goals, adopting regulatory and legal documents and state programs related to the sector. In particular, the decisions and decrees adopted by our President on the development of tourism and recreation, as well as the decree on the development «Strategy of New Uzbekistan for 2022-2026», within these short five years, tourism and giving great importance to the recreation sector through foreign and state investments, introducing a state order for the restoration of more than 100 cultural heritage objects and restoring the infrastructure leading to them, effectively using the opportunities of our country's pilgrimage tourism, and increasing the additional export volume in the tourism sector by 30 percent it is noteworthy that the decisions on the percentage increase have been made.

At the same time, the 35th goal of the Action Strategy is to increase the number of local tourists from 12 million and the number of foreign tourists visiting the republic to 9 million within the framework of the "Travel in Uzbekistan" program. Broad introduction of barrier-free tourism infrastructure in the main tourist cities of the country. By 2026, the number of people employed in tourism should be doubled to 520,000. Adoption of the state program for the development of the infrastructure of tourism and cultural heritage objects and the effective use of more than 8 thousand cultural heritage objects. Construction of additional tourist zones and recreation centres in Zomin, Forish, Bakhmal districts and «Aydar-Arnasoy» lake system, implementation of projects worth 300 million US dollars, creation of 25,000 jobs. To increase the volume of tourism services at least 10 times in the next five years by turning Samarkand into a «Tourism Gate» [2].

The word "recreation" has a Latin root and means "restoration"[5]. Also, Recreation - (recreation in French means rest, change of movement) [12]. This word entered almost all European languages with the same appearance and meaning, and we can be sure that it is used in English, French, Polish, Russian and other languages. So, recreational activity is related to a person's rest and thereby restoring his health, physical and mental strength.

There are several factors in the establishment and development of regional recreation systems in our country. Due to the fact that, the interests of nature and society are intertwined in recreation activities, the recreational potential of natural resources and the human factor play an important role as the main factor in the organization of regional recreation systems.

When talking about regional recreation systems, first of all, it is necessary to understand the meaning of this term. RRS (Regional recreation systems) is a complex economic system, that is health and treatment facilities (various sanatoriums, recreation organizations, motels, camps), sports facilities, excursion facilities and consists of, road and transport networks. The above-mentioned systems and subtypes together form territorial recreation systems. Regional recreation systems, despite being a social activity, however, their location is drawn towards natural resources, including: the location of the «Chodak» resort on the Kurama mountain ranges at 1000-1200 m above sea level on the banks of the Chodaksoy river, «Nanay» and «Parda Tursun» recreation. An example is the location of the settlements in the southern foothills of the Chotkal mountains, and the location of the «Kyziltepa» hospital in an area rich in mineral water reserves.

The only social factor is taken into account in the placement of anthropogenic recreation facilities, i.e., parks, amusement parks and various entertainment facilities.

The main recreation centres in our country are located in the Ugom-Chotkal mountain ranges in the Tashkent region, where there are more than 40 recreation centers. In this region, the factor of the capital is of great importance, together with the significant amount of natural recreation resources, because if we take into account the important role of the population's income in the development of recreation activities, the income of the population of Tashkent town is higher than that of other cities, the pollution of the city atmosphere, especially, in the summer season, as a result of natural and anthropogenic effects, the capital city has a sharp rise in air temperature, due to social and man-made density effects, the demand for recreation in the capital city is higher than in other regions.

In addition to, air temperature and seasons, several other factors affect the seasonality of regional recreation systems and recreation activities. In 1997, Western scientists Butler and Mao divided the factors influencing the seasonality of recreation and tourism activities into two parts. These are: 1. Natural factors (air temperature, change of seasons, rainy season, water regime of rivers, lakes and reservoirs, time of vegetation and medical properties of plants (medical) plants, animal world migration and active period of life). 2. Social factors (state, religious, public holidays, festivals, hunting seasons, harvest festivals), and despite the fact that, these factors are different factors that cause the seasonality of recreational activities, all the factors listed above are put into action. air temperature is the leading effect.

At the same time, we can find the seasonality of recreational activities in our country in some articles and theses.

The fact that, recreation activities and territorial recreation systems have seasonal features has several negative and positive features, the decrease in the income of the population employed in this field during the «dead» period or off-season, the increase in unemployment, and seasonal obstacles to the activity of vacationers can be interpreted as a negative feature. It is a positive feature that during this period, the natural landscapes that are free from recreation will recover.

Below we will consider how some natural and social factors affect the seasonality of recreational activities.

The influence of seasons and temperature on the seasonality of regional recreation systems of our country: Seasons are the biggest factor influencing regional recreation systems and seasonality of recreation. Seasons differ from each other due to differences in air temperature, and we can distinguish the differences between seasons as follows: the spring season begins when the average daily temperature rises $+5^{\circ}\text{C}$ and ends when it rises $+20^{\circ}\text{C}$. The summer season begins when the average daily temperature rises $+20^{\circ}\text{C}$ and ends when it drops below $+20^{\circ}\text{C}$. The autumn season begins when the average daily temperature drops below $+20^{\circ}\text{C}$ and ends when it drops below $+5^{\circ}\text{C}$. The winter season begins when the average daily temperature drops below $+5^{\circ}\text{C}$ and ends when it rises above $+5^{\circ}\text{C}$.

A favorable time for recreational activities begins when the average daily air temperature exceeds $+18^{\circ}\text{C}$ and the average wind speed is 2.5-3 m/s, some scientists consider the optimal temperature for recreational activities to be $25-27^{\circ}\text{C}$.

Based on this information, we can know that recreation activities in our country begin at the end of the spring season and end in the first ten days of the autumn season. this period is the peak period for summer recreation activities. Some scientists, including; M. Mahmudov noted that the peak period in his work lasts from May 25 to September 1.

A comfortable temperature for the winter vacation season is from 0°C to -15°C . Because this temperature is a comfortable temperature for the preservation of snow in the mountains. In the mountains of average height in our country, the snow thickness is 11-78 cm, and it lasts from November 26 to April 1.

The change of seasons also affects human health, including; Although the influence of the external environment on the human body in the spring season is low due to the effective temperature (around $15-20^{\circ}\text{C}$), however, the increase in humidity, change in weather,

temperature drop, and strong winds cause an increase in air pressure. at such a time, patients suffering from diseases such as cardiovascular, nervous system, radiculitis, rheumatism feel bad (heart palpitations, nervousness or general mood deteriorates. These diseases repeat again in autumn. Summer heat hot periods cause the peak of recreation in the mountains, especially the city residents take an active part in recreational activities.

The influence of vacations on the seasonality of regional recreation systems.

Vacations are the factor that has the strongest influence on the seasonality of regional recreation systems, and the reason for this is the activity of the population aged 19 to 35 years in recreation activities, the organization of vacations in the summer season, and the fact that, they are busy with mental work throughout the year. The high need to get out into nature among the population.

Currently, 6 million 287.9 thousand students are studying in schools in our country. The number of students studying in higher education institutions has reached 1,040,400. Knowing that, the activity of men among vacationers is higher than, that of women, 544,800 students are boys, and 495,600 are women. The number of teaching staff working in schools is 685,400. In conclusion, we should mention that, the seasonality of recreational activities has positive and negative characteristics. Positive features: During the "dead" period of the season, the natural landscape and natural components restore themselves, at the same time, we must also take into account the social recovery, that is, during the "dead" period of the season, busy with recreational activities residents prepare themselves for the new season. The negative features are represented by a decrease in population, income, increase in unemployment, decrease in recreation period.

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