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## **THE SOCIO-CULTUROLOGICAL ESSENCE OF RECREATION AND ENTERTAINMENT**

**Abstract.** Effective use of leisure time has a direct influence on the spiritual evolution of people. It is through effective valuation that relevant goals can be achieved with new energy and enthusiasm. At the same time, new ideas, thoughts and discoveries can be created in leisure time (free time).

Quickness, the desire to work harder, to earn a living creates a lack of leisure time in the modern socio-dynamic space. Considering that the ancient Greek peripateticism gave mankind a lot of philosophical thoughts and ideas while walking. The Greek peripatetics were able to convey their knowledge to their followers in a more relaxed and detailed way by walking in nature. Walking is possible in leisure time. The chances of an engineer, teacher, agronomist to leave modern technical devices and laboratories are decreasing. The amount and chance of using cultural leisure time is reduced under such conditions. This leads to moral decline. People not only gain new energy and enthusiasm, but also think about the meaning of life and self-awareness and achieve certain results for self-development through various cultural measures in cultural leisure time. This leads to the regulation of coexistence and humanistic relations, which everyone wants in society.

**Key words:** leisure time, recreation, entertainment, recovery, activity, spiritual perfection.

**Introduction.** The social value of recreation and entertainment is determined by the importance of human life activities. “According to information of scientific research, recreational and entertaining activities make up 20% to 40% of the total leisure time of employees, getting acquainted

with culturally rich people takes second place after trainings on purpose” [4, p. 296]. As society has developed socially and scientifically-technically, the organization of meaningful recreation and full entertainment have become a more responsible and complex task. Due to this, the demand for professionals engaged in this work is growing. Now the common methodological skills are not enough for a cultural worker. Today, every cultural worker must have a clear idea of the social and psycho-physiological basis of recreation and entertainment, know the important conditions for the effectiveness of recreational and entertaining activities.

**The interpretation of the main material.** Today, the organization of leisure time is not only a scientific problem, but also a socio-political problem. This problem is globalized all over the world. Every state, which takes care of its citizens' health and wants to develop their talents and abilities, values leisure time as a wealth of time that adapts human morality to society and improves it spiritually. From this point of view, resource of leisure time in Azerbaijan is more widely used as an object of research and activity of applied culturology. So, the human factor is always in the center of attention in cultural institutions, systematic work is carried out to spend leisure time meaningfully and effectively in the cultural policy pursued by the state. In general, “strengthening the perception and acceptance of culture as a factor of human development” [9] is shown as a priority of cultural policy. This in itself embraces the necessity of the value of human capital. “First of all, the intellectual level of different segments of society, the level of material guaranty is studied. After that, the spiritual needs are studied, the creative tendencies of each individual, their interests of communication are studied, pedagogical, psychological analyzes and systematizations are carried out. Because leisure time covers the free time of general time and people's spiritual and physical activities are grouped by culturologists during this period. At the same time, the factors of recovery of physical, mental and intellectual strength, determination of their social conditions are analyzed and programmed on a scientific basis” [7, p. 29].

Each type of leisure activity has the function to restore strength and to stimulate the development of human knowledge and abilities. However, one of these features is preferred: each type of activity has the feature to develop a person and on the whole, to restore his strength. When defining recreation as an independent area of cultural activity, we need to clarify which function plays a leading role and which plays a subordinate role.

A person who relaxes can be active or inactive. It depends on his individual needs, habits, state of health, interests and desires. Inactive recreation has both individual and collective forms and is carried out in the most diverse conditions: at home, in the yard, in nature, etc. We come across it in recreation complexes in one or another modification. Most researchers distinguish this type of recreation as an independent structure of the unit and the function of leisure time.

Inactive recreation is expedient only in a certain extent. It is very bad if people have unemployment habits in their leisure time. Often, an idle person not only does not enrich his personality, but also does not rest wisely. As a rule, idleness bores a person, affects his mental state, especially his ability to work, the desire to work, but when he does not find a job that he likes, his health deteriorates. "Timely and properly organized recreation eliminates fatigue and its impacts, increases vitality and strength, becomes an important factor in strengthening health, in promoting overall development and high productivity" [5, p. 294].

In any case, the process of fatigue affects both the muscular system and the nervous system according to the character of labor. It touches more the area of the cortex that covers the large lobes, which are the upper part of the brain. This reduces the performance of various parts of the large lobe. Tired nerve cells are able to replenish lost nutrients and regain their ability to work after a temporary brake. In this case, an effective way to relieve fatigue is not a temporary rest of tired organs, but recreation related to the functioning of other organs.

This effect laid the foundation for the theory of active recreation. Its essence is the periodic change of different types of activities. When one of the nerve cells of the brain is in a tense state, the other is broken. When the activity changes, the tired parts prevent previously the concentration of neighboring cells by the force of the spread and renew it.

The traditional word "entertainment" refers to a type of leisure activity that allows you to have fun, have a good time, avoid daily activities and enjoy. Unlike passive and semi-passive recreation, entertainment requires activity, certain preparations and organization.

Recreation is absolutely necessary for a person, but entertainment is not so important and can be postponed, it can be postponed without significant damage to health. If physiological requirements are mainly met in the process of relaxation, but during entertainment, psychological needs are mainly met,

entertaining activities are distinguished by its high level of emotional richness. This is ensured on the one hand by the emotional content of the entertainment, on the other hand by the positive valuation of the activities. It's hard to find someone who opposes entertainment: almost everyone love fun and enjoy it. People are looking for activities in their free time, trying to "snatch" what they "does not get" at work. It is necessary to separate psychologically from the usual conditions for a certain period of time for effective recreation, it is a process that raises a person's general vitality and regulates his life regardless of its specific type.

"Labor does not tire the human senses and a person feels a kind of "sensory hunger" under the conditions of consistent mechanization and automation of production. Entertainment helps to meet the need for rich emotional impressions. The absence or lack of them causes a person to worry about emotional insecurity. Therefore, the ability to enrich leisure time with bright performances, humor, jokes, fun games, etc. is important" [4, p. 298-299]. One of the tasks of recreational and entertaining activities is to raise a person's general mental vitality, to create a good, lively mood.

**Conclusion.** The basis of mood is the psycho-physiological activity of the body. Researchers have found that a decrease of psycho-physiological resources leads to a sharp decline in mood, irritability, anxiety and so on. Leisure assessment activities in Azerbaijan are carried out by central and local administrations, universities, public organizations and individuals themselves. The problems of coordination between these organizations, lack of professional staff and funding are always in the focus and control of the state. "The speed and quality of socio-cultural progress is determined by the effectiveness of the culture. The higher the effectiveness of a society's culture, the higher the indicators of the common social product, which characterizes the level of economic development, the higher the human development index and the higher the level and quality of life" [8, p.171]. So, the effective solution of sustainable human development depends on the proper organization of people's leisure and cultural recreation. People not only gain new energy and enthusiasm, but also think about the meaning of life and self-awareness and achieve certain results for self-development through various cultural activities in the conditions of cultural leisure. This increases the tendency of everyone to coexist and to develop humane relations in society.

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## İSTİRAHƏT VƏ ƏYLƏNCƏNİN SOSİAL-KULTUROLOJİ MAHİYYƏTİ

Asudə vaxtın səmərəli dəyərləndirilməsi insanların mənəvi təkamülünə bilavasitə təsir edir. Məhz səmərəli dəyərləndirmə sayəsində yeni enerji və ruh yüksəkliyi ilə müvafiq məqsədlərə çatmaq olar. Eyni zamanda yeni ideyalar, fikirlərvə kəşflər asudə vaxt (boş zaman) şəraitində yarana bilər.

Müasir sosiodynamik məkanda sürətlilik, daha çox işləmək, maddi gəlir əldə etmək istəyi asudə vaxt qıtlığını yaradır. Nəzərə alsaq ki, qədim Yunan peripatetizmi məhz yürüyərək gəzinti şəraitində bəşəriyyətə xeyli fəlsəfi fikirlər və ideyalar bəxş etmişdi. Yunan peripatetikləri çağılayan biliklərinin təbiətində yürüyərək daha rahat və müfəssəl şəkildə ardıcılıqlarına ötürə bilmişdilər. Yürümək, gəzinti asudə vaxt şəraitində mümkün olur. Bir mühəndisin, müəllimin, aqronomun müasir texniki cihazlar və laboratoriyalardan ayrılmaq şansları getdikcə azalır. Belə şəraitdə mədəni asudə vaxtın miqdarı və istifadə şansı da azalır. Bu da mənəvi tənəzzülə gətirib çıxarır. Mədəni asudə vaxt şəraitində insanlaryeni enerji və ruh yüksəkliyi əldə etməklə yanaşı, həm də həyatın mənası və özünüdərk istiqamətində düşünmək, müxtəlif mədəni tədbirlər vasitəsilə özünü inkişafa yönəli müəyyən nəticələr əldə etmiş olurlar. Bu da cəmiyyətdə hər kəsin arzuladığı

birgəyaşayışın tənzimlənməsi və humanist münasibətlərin inkişafına gətirib çıxarır.

*Açar sözlər:* asudə vaxt, əyləncə, bərpa, fəaliyyət, mənəvi kamilləşmə.

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## **СОЦИАЛЬНО-КУЛЬТУРОЛОГИЧЕСКАЯ СУЩНОСТЬ ДОСУГА И РАЗВЛЕЧЕНИЙ**

Эффективное использование свободного времени оказывает непосредственное влияние на духовное развитие людей. Именно благодаря эффективной оценке соответствующие цели могут быть достигнуты с новой энергией и энтузиазмом. В то же время в досуговое время (свободное время) могут прийти в голову новые идеи, мысли и можно сделать открытия.

Быстрота, желание больше работать, зарабатывать на жизнь создают недостаток свободного времени в современном социально-динамическом пространстве. Следует учесть, что древнегреческий перипатетизм подарил человечеству множество философских мыслей и идей во время ходьбы. Греческие перипатетики могли передавать свои знания своим последователям более непринужденно и подробно, гуляя на природе. В свободное время возможны прогулки. Со временем снижаются шансы инженера, учителя, агронома оставить современные технические устройства и лаборатории. В таких условиях сокращается количество и возможность использования культурного досуга. Это ведет к моральному упадку. Во время культурного досуга с помощью различных культурных мероприятий люди не только получают новую энергию и энтузиазм, но и задумываются о смысле жизни и самосознании, достигают определенных результатов для саморазвития. Это приводит к регулированию сосуществования и гуманистических отношений, о чем мечтает каждый в обществе.

*Ключевые слова:* досуг, развлечения, оздоровление, активность, духовное совершенствование.