

## Article

# Development of Recreation in Improving the Health of the Population

Yelizarov Maxim Gennadievich

1. University of Public Security of the Republic of Uzbekistan

\* Correspondence: [yelizarovmakhim99@gmail.com](mailto:yelizarovmakhim99@gmail.com)

**Abstract:** This article investigates the potential of developing recreational and military-recreational zones, particularly focusing on the Chimgan-Charvak resort area in Uzbekistan. Despite the rapid global growth of recreational tourism, military recreation remains underexplored, presenting a knowledge gap, especially in Uzbekistan. The study employs SWOT analysis and expert surveys to assess the region's strengths, weaknesses, opportunities, and threats, alongside mapping techniques to analyze the population's health challenges. Findings reveal significant untapped potential in ecotourism and the necessity of balancing recreational development with environmental conservation. The study underscores the importance of innovative approaches to tourism management and calls for better investment in tourism infrastructure and specialized training for tour guides. These insights have broad implications for enhancing Uzbekistan's economic growth through sustainable tourism development.

**Keywords:** Economic Zones of Recreational and Tourist Type, Military Recreation Ecotourism, Export Orientation, Experience of Conducting Tourist Activities in National Parks, Mechanism of Training Tour Guides-Instructors.

## 1. Introduction

Today, the recreational and tourist sphere is developing at a rapid pace and needs to diversify services. For example, military recreation, which is becoming increasingly relevant in the world, remains a poorly studied sphere in our country. It should be noted that today the intensive development of recreational and tourist activities in the world is carried out within the framework of the functioning of free economic zones. Indeed, for Uzbekistan, which is a transformation country with characteristic systemic changes, the formation of a new competitive recreational and tourism industry with the help of mechanisms of free economic zones of the recreational and tourism type is considered the most effective. These free economic zones of the recreational and tourist type help accelerate the development of this sphere, create a favorable investment climate in the regions, which contributes to the growth of both import-substituting and export-oriented production.

For the economy of the region, where free economic zones of the recreational and tourist type are created, there is an opportunity to fully realize the potential of the region, to increase its innovative development, to provide technological and other innovations and clusters. These regions can become points, poles of growth.

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### Literature review.

Analyzing the scientific literature on the development of recreational-tourist and military-recreational activities, we note that S.N. Mironenko and I.T. Tverdokhlebov tried to bring some clarity to the essence of the problematic, placing special emphasis on the concept of "free time" because, in their opinion, "recreation is a set of phenomena and relationships that arise in the process of using free time for health, educational, sports and cultural-recreational activities of people in specialized territories located outside the populated area, which are their place of permanent residence" [1]. D.V. Nikolaenko, on the other hand, highlights the differences between "recreation" and "rest", noting that in order for ordinary rest to become "recreation" it is necessary to leave the limits of one's place of residence in order to restore physical and spiritual strength in specialized territories [2].

It should also be noted that "recreation" is an extensive concept, but not so well-known and emotional, therefore, according to A.S. Kuskov, it better meets the tasks of empirical and applied research and in the field of development of recreational, tourist and military recreational activities [3]. The issues of the development of free economic zones of recreational-tourist and military-recreational type were studied by E.S.Tsepilova, who paid special attention to improving the methodology for evaluating the effectiveness of such zones, S.A.Urazova, who considered free economic zones of recreational-tourist and military-recreational type within the framework of the role of banks in supporting their activities, also N.Grashof, K.Hessem, D.Fornal also studied the problems associated with the development of free economic zones of recreational-tourist and military-recreational type [4,5,6].

## 2. Materials and Methods

The methodology of this study integrates both qualitative and quantitative approaches to thoroughly analyze the development of recreational and military-recreational zones in Uzbekistan, particularly focusing on the Chimgan-Charvak resort area. The research begins with a comprehensive literature review of existing studies on recreational and military tourism to establish a theoretical foundation. This is followed by a SWOT analysis, which is employed to evaluate the strengths, weaknesses, opportunities, and threats associated with the recreational and tourist activities in the region. Additionally, a series of expert surveys were conducted, involving professionals from various fields such as general practitioners, oncologists, cardiologists, neurologists, and endocrinologists, to gather insights on health-related trends and their connection to recreational tourism. These surveys were instrumental in identifying key issues, such as the prevalence of cardiovascular diseases, that influence the demand for recreational services. Mapping techniques were applied to model regional health problems, focusing on respiratory diseases and newly identified malignant diseases, providing a geographical dimension to the analysis. Data were collected through direct observation and structured interviews with local stakeholders, including tourism operators, government officials, and environmentalists, to gain a holistic understanding of the challenges and opportunities in the region. By synthesizing these multiple data sources, the study provides a detailed assessment of the region's recreational potential while highlighting the critical areas requiring development. This methodology allows for a thorough investigation of both the economic and health-related factors impacting the growth of recreational and military-recreational tourism in Uzbekistan.

## 3. Results

The development of recreational and tourist and military-recreational activities presupposes the presence of natural and recreational resources. Uzbekistan has natural and recreational potential. In the north, Uzbekistan borders on the deserts of Southern Kazakhstan, in the northeast - the Gissar-Alay mountain system. In the south and

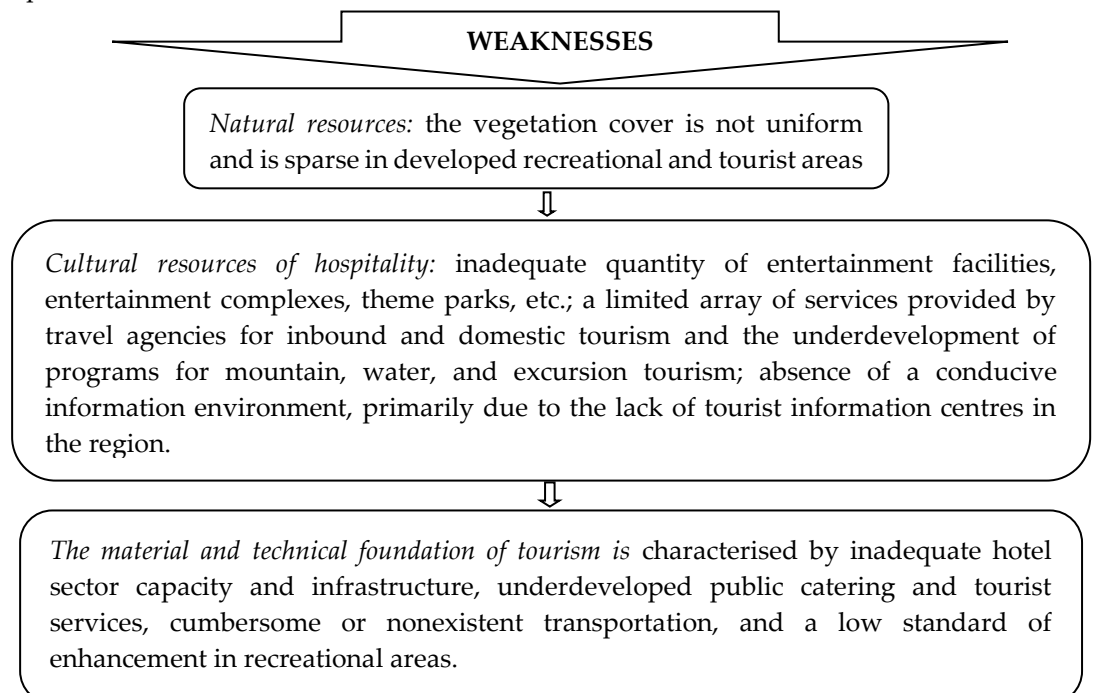
southwest, the border runs along the Amu Darya River, dividing the Kyzylkum and Karakum deserts, and in the west - along the desert plateau of Ustyurt. Under the influence of natural and climatic conditions, five natural ecosystems have formed on the territory of the country:

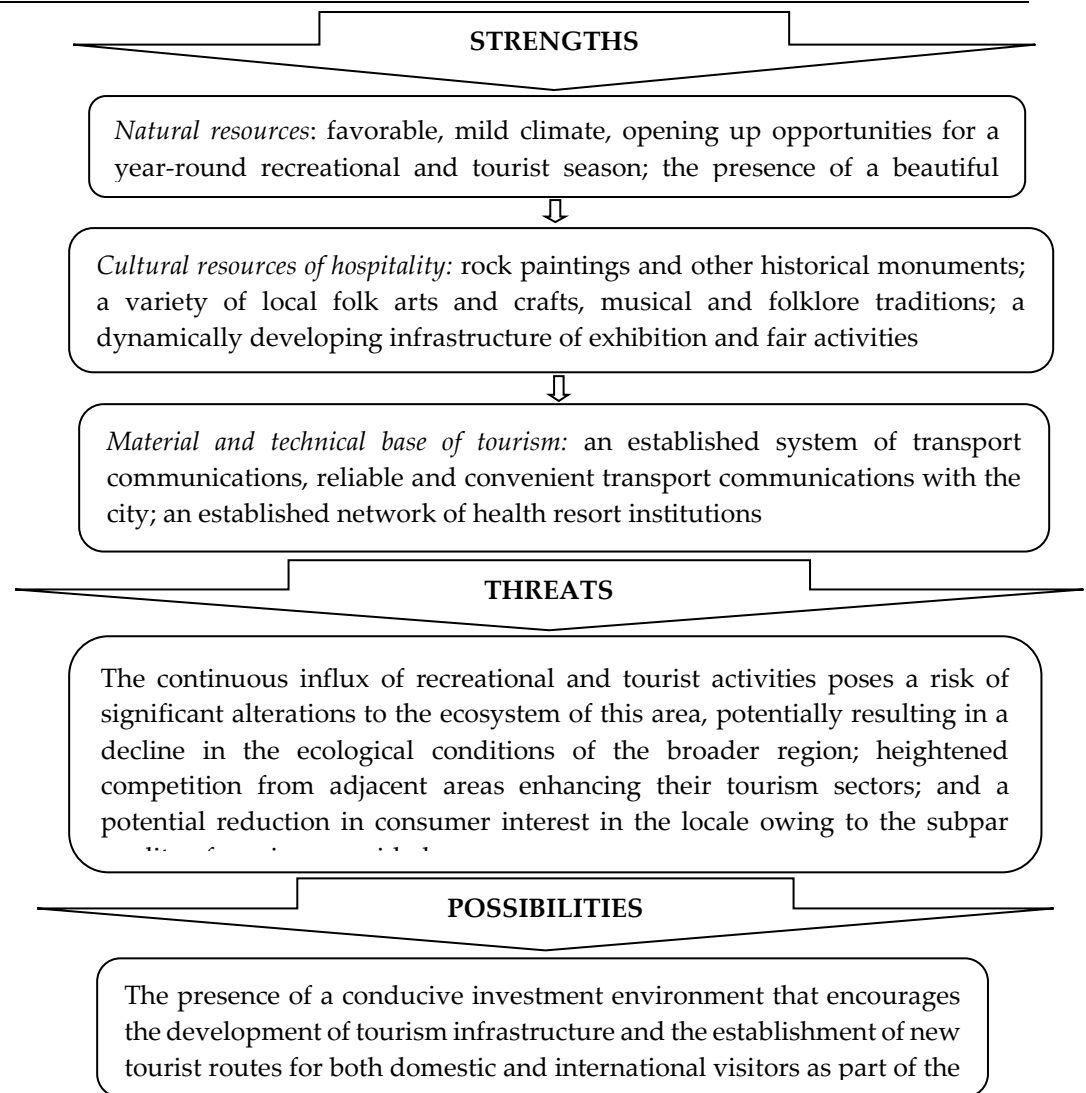
- foothill deserts and steppes that cover mountain ranges and occupy about 2/3 of the area of the republic's mountainous territory;
- river and coastal ecosystems are flat areas of the valleys of the Amu Darya, Syr Darya, Chirchik rivers, the lower reaches of the Zarafshan, Surkhandarya and other watercourses (tugai, reed beds, rivers and open shallows);
- ecosystems of humid areas - internal wetland ecosystems, located in the Amu Darya delta, occupying an area of about 700 thousand hectares;
- mountain ecosystems – mountain steppes, mountain deciduous forests, juniper and relict forests;
- desert ecosystems of plains (sandy, saline, clayey, rocky), which are also a habitat for rare and endangered species of plants and animals [7].

In the process of studying the recreational-tourist and military-recreational potential, we stopped at the Chimgan-Charvak zone. Of course, the Chimgan-Charvak resort and recreational zone is the "Uzbek Switzerland", a territory of high attractiveness for tourists and recreationists.

The creation of a free economic zone in the Chimgan-Charvak resort and recreational zone is aimed at generating income from existing recreational and tourist resources, new tourist resources being created, and infrastructure facilities that are not only capable of raising the level of socio-economic life in the region, but also in the republic as a whole.

The increase in the incidence of diseases among the population has become one of the primary problems of modern society, which indicates an increase in demand for recreational services. It should be noted that, based on the results of an expert survey conducted by us among general practitioners, oncologists, cardiologists, neurologists, and endocrinologists, it became clear that the cause of cardiovascular diseases in our country's population is excessive consumption of foods containing cholesterol, a sedentary and inactive lifestyle, nervous tension, overload of mental and emotional reserves, and a polluted environment.





**Figure 1.** SWOT analysis of the recreational and tourist sphere of the Chimgan-Charvak resort and recreational zone.

Thus, these diseases can be classified as a new category of diseases - "urban diseases", and all medical specialists surveyed share this opinion.

In our opinion, the recreational and tourist potential of the Tashkent region will allow for the successful development of one of the most popular types of tourism – ecotourism. In the Ugam-Chatkal National Park, it is possible to create an eco-recreational zone in conditions of limited nature management.

Here, the eco-recreational zone will objectively be a mechanism for combining two types of territory use: environmental protection and recreational, which causes specific approaches to the analysis of investment and other projects implemented in them.

Indeed, when creating an eco-recreational zone, the key issue will be precisely investment attractiveness within the framework of strict restrictions on nature management. As a rule, the value of the natural environment cannot be identified directly through market prices and willingness to pay. The reason for this state of affairs is its services and resources, which, naturally, are not directly purchased. But environmental value can be revealed indirectly through the analysis of consumer decisions regarding those goods and services whose characteristics are interrelated with the quality of the environment.

There is something to do for every visitor, allowing them to have an interesting time, gain strength and health. The fee for visiting the reserve depends on the time of stay. Tourists are provided with hunting lodges, hotels, bungalows, bars, cafes, restaurants, shops and gas stations. Here you can book accommodation in advance.

#### 4. Conclusion

In the conditions of our country, taking into account the balanced development of recreational and tourist activities and the preservation of natural components, in our opinion, the organization of such activities should be carried out from the position of strict control over the quality of the natural environment. A natural question arises: how to organize profitable recreational and tourist activities in such conditions?

Today, the solution to this issue lies in the implementation of innovative environmental approaches, technologies and work organization. These include:

- introduction of renewable energy sources (wind, solar, etc.) in the organization of recreational and tourist facilities;
- introduction of electric vehicles;
- in conditions of limited nature management, allocation of small territories as viewing platforms (viewing tourism);
- tightening of measures to ensure accountability for violation of environmental management rules (strict fines, including criminal liability);
- organization of hiking and mountain sports tourism.

In matters of organizing hiking and mountain sports tourism in our country, there is a serious shortage of qualified tour guides and instructors who possess not only knowledge of mountaineering and foreign languages, but also history, botany, zoology, ecology, and natural-geographical concepts.

In solving the above-stated tasks, we consider it necessary to use the experience and mechanism for training tour guides and instructors, developed by specialists from the North Caucasus, where mountain sports and health tourism are the most priority areas for economic development. Thus, Doctor of Geographical Sciences, and former professional instructor of mountain hiking tourism B.M. Beroev writes that the most effective method is the organization of three- to four-month training courses for tour guides and instructors.

The training should preferably be carried out in the winter period, the number of students should not exceed 20 people. The training is conducted on theoretical issues with practical classes on weekends. At the end of the training, a test approach is conducted at the places of the route with a subsequent exam on all the studied issues. But even after successful completion of the training, the new guide-instructor leads a group of tourists under the supervision of an experienced instructor who has been working for several years.

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