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TOURIST, MOVEMENT AND RECREATION IN SOUTHERN POLAND HEALTH RESORTS

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ТУРИСТИКА, РУХ І РЕКРЕАЦІЯ В САНАТОРІЯХ ПІВДЕННОЇ ПОЛЬЩІ. Роман НОВАЦЬКИЙ, Катерина НОВАЦЬКА. *Опольський технологічний університет, Польща*

Анотація. У статті проаналізовано участь в різних формах рухової активності і рекреації осіб, які перебувають в оздоровчих закладах південної Польщі. У попередньому дослідженні аналізувалося їхнє ставлення до стану фізичних кондицій. Анкетування було проведено за участю 316 осіб, старших за 18 років, які перебували у закладах відпочинку: Szczawno Zdrój, Łądek Zdrój, Krynica Zdrój. Було виявлено, що більшість відпочивальників із задоволенням беруть участь в організованих закладами відпочинку заняттях. Аналіз відповідей на питання анкети дає можливість стверджувати, що приїжджаючи в оздоровчий заклад, респонденти, окрім лікування, прагнуть брати участь в цікавих для них рекреаційних заняттях руховою активністю. Такі заняття відіграють суттєву роль в процесі лікування, покращенні фізичних кондицій та протидії стресам.

Ключові слова: туризм, рух, рекреація, оздоровчий заклад.

Introduction. Health resorts, watering places and climate spas were already known in the ancient times. Hydrotherapy attracted the greatest number of tourists, it was already applied in the ancient Greece. It developed during The Roman Empire reign. Baiae, Aquae Calidae, Aquae Helveticae, Aquae Herculi and Aquae Solis were among the most popular ones¹. Their significance diminished after the collapse of The Roman Empire. The Renaissance period marked recurring interest in spa tourism. Culture development and visits to Italy² contributed to popularisation of sightseeing as well as to the rebirth of treatment oriented travelling. Spa tourism began to develop dynamically in the 18th century along with the development of industry in Great Britain³. Bath, Spa, Karlsbad, Baden-Baden and Evian were the most commonly visited European spas at that time. In the late 18th century Switzerland began to attract quite a lot of attention thanks to its unique landscapes, the country's spa towns started to develop rapidly in the 19th century. Patients from all over the Europe converged on these towns. Nowadays, most of those resorts still get recognition from patients. Railway accessibility was the factor that had a decisive influence upon development of particular spas in that time. It may be concluded from rapid development of spas situated at Côte d'Azur as they were connected by railway with other regions of France.

The growing number of visitors entailed changes in the appearance of health resorts regions. New and impressive spa objects were erected and equipped with modern devices. New treatment methods were introduced and the spa season was extended. Providing visitors with access to local natural environment regardless of weather conditions required bringing some of the nature indoors. Winter gardens, palm houses and orangeries were built⁴. Employees at all spas made extra effort to occupy their guests with various activities. After therapies, most patients took long walks, some played tennis, enjoyed horse riding, sailed in boats on local lakes, admired unique features of natural environment during excursions and visited the neighbouring towns. Almost every spa offered its guests the chance to enjoy music by well-known composers performed by local spa orchestras. Inns and restaurants invited for dancing and theatres offered plays performed by actors brought from larger cities. During winter season many resorts offered sleigh rides, skiing competitions and all kinds of snow games.

Nowadays, popular spas also try to satisfy the needs of their patients. Most of those institutions adjust to new tourism trends, stressing development of the so-called cultural tourism (visiting

¹ A. Kowalczyk, *Francja* [in:] *Geografia turystyczna świata*, edited by J. Warszńska, part 1, published by Wydawnictwo Naukowe PWN, Warszawa 2001, p. 45.

² G. Mariotti, *Historia turystyki*, published by AWF Warszawa, Warszawa 1963.

³ R. Brown, *Economic Revolutions in Britain 1750–1850*, published by Cambridge University Press 1999.

⁴ See more in G. Balińska, *Uzdrowiska dolnośląskie. Problemy rozwoju i ochrony wartości kulturowych do II wojny światowej*, published by Politechnika Wroclawska, Wrocław 1991.

architecture monuments, museums, art galleries, places related to famous individuals) or qualified tourism (hiking, canoeing or raft trips, ski races, bicycle and mountain trips)⁵.

Civilisation diseases, mainly cancer, but also cardiovascular, nervous and respiratory systems diseases as well as overweight and obesity cause more and more individuals exercise and participate in various recreational activities in order to stay fit and healthy. For these reasons a growing number of spas provide increasing amount of information on well equipped fitness centres, football fields, volleyball and tennis courts, swimming pools, health and beauty saloons and steam rooms.

People coming for treatment to health resorts in southern Poland are an interesting and very diversified research group. Research on their participation in different forms of movement and recreation seems meaningful and reasonable for a few reasons:

- not much research has been conveyed over this matter particularly in recent years;
- respondents are among those who try to take care of their health and shape.

The aim of the research is the analysis of tourists' participation in various forms of movement and recreation in a health resort's area and the nearest surroundings.

Material and Method. The data which is the basis for achieving the objective of this study was collected at the turn of 2012–2014. The data was gathered by means of an anonymous poll. The random selection was applied to the investigative test. The study covered a total of 316 persons aged 18 or more, including 109 tourists visitors from Szczawno Zdrój, 102 tourists visitors from Łądek Zdrój and 105 tourists visitors from Krynica Zdrój.

In the survey there were used questions about:

- evaluation of taking care of their own shape;
- preferred forms of exercise and recreation.

Table 1

The age of visitors and taking care of shape

The ways of taking care of shape	Age of health resort visitors						Total	
	18–40 years		41–65 years		66 years and more			
	Persons number	%	Persons number	%	Persons number	%	Persons number	%
Systematic gymnastic exercises	5	1,6%	28	8,9%	13	4,1%	46	14,6%
Jogging	8	2,5%	15	4,7%	5	1,6%	28	8,8%
Gym exercises	6	1,9%	5	1,6%	3	1%	14	4,5%
Team sports	12	3,8%	14	4,4%	5	1,6%	31	9,8%
Individual sports	10	3,2%	23	7,3%	7	2,2%	40	12,7%
Systematic walks	5	1,6%	57	18%	32	10,1%	94	29,7%
E lack of regular physical activity	-	-	26	8,2%	37	11,7%	63	19,9%
Total	46	14,6%	168	53,1%	102	32,3%	316	100%

On the basis of the data gathered in the chart above you can state that most of visitors in the age group of 18–40 year olds play team sports or individual sports. Jogging and gym exercises are also popular in this group. Older visitors, at the age of 41–65, wrote in a questionnaire that systematic walks and gymnastic exercises are the most popular. They are also interested in team and individual sports and jogging. A large number of people pointed out a lack of physical activity explaining it with an excess of professional responsibilities and poor health. Among patients at the age of 66 and older there is clear dominance of regular walks. In this age group the largest number of visitors show the lack of systematic physical activity. It is affected not only by their health but also by their traditional opinion about sport and recreation and its influence on the process of ageing. Moreover a

⁵ See more in R. Nowacki, *Tourism in Polish health resorts*, published by Oficyna Wydawnicza Politechniki Opolskiej, Opole 2011.

large number of these visitors did not do any sport after graduation because of the lack of sports organizations near their homes and the lack of sports objects or sports facilities as well. The visitors of this age group doing gymnastic exercise admit that they have started them only after their doctor's recommendation.

Table 2

The age of visitors and the preferred forms of movement and recreation

Forms of movement and recreation	Age of health resort visitors						Total	
	18–40 years		41–65 years		66 years and more			
	Persons number	%	Persons number	%	Persons number	%	Persons number	%
Nordick Walking	1	0,3%	17	5,4%	24	7,6%	42	13,3%
Cycling	12	3,8%	34	10,8%	12	3,8%	58	18,4%
Fitness	5	1,6%	14	4,4%	1	0,3%	20	6,3%
Skating	3	0,9%	6	1,9%	3	0,9%	13	3,7%
Skiing	10	3,2%	27	8,5%	7	2,2%	44	13,9%
Swimming	4	1,3%	10	3,2%	4	1,3%	18	5,8%
Fishing	-	-	28	8,9%	25	7,9%	52	16,8%
Dance	11	3,5%	32	10,1%	26	8,2%	69	21,8%
Total	46	14,6%	168	53,2%	102	32,2%	316	100%

Based on the data placed in the above chart it can be concluded that most visitors at the age of 18–40 prefer dancing, cycling and skiing. The visitors at the age of 41–65 mostly choose cycling, dancing, skiing and fishing. Very much appreciated is also Nordic Walking. Some forms of movement and recreation, apart from relaxing fishing, proves high interest in keeping good shape by patients in this age group. Visitors at the age of 66 and older strongly prefer fishing, Nordic Walking and dancing. Cycling is also popular among these respondents. Patients from this age group show less interest in forms of exercise and recreation that require high physical fitness.

Conclusion. The study shows that all visitors from the first age group, 18–40 year olds, take care of their physical condition. Many of them willingly play team sports and do winter sports. Among visitors from the age group of 41–65 there is a large group of people (26) who admit the lack of regular physical activity. The same number of persons do gymnastics. The vast majority (57) prefer walking. A large number (37) showing the lack of physical activity in the group of 66 year olds and older can be alarming. In this age group, just like in the previous one, regular walks are predominant. It is affected not only by their health but also by their traditional opinion about sport and recreation and its influence on the process of ageing. Moreover a large number of these visitors did not do any sport after graduation because of the lack of sports organizations near their homes and the lack of sports objects or sports facilities as well. The visitors of this age group doing gymnastic exercise admit that they have started them only after their doctor's recommendation.

The research on the preferred forms of exercise and recreation shows that respondents are willing to use the chance of spending time actively offered by health resorts. In all age groups there is preferred dancing, certainly with different music which divides younger and older generations. In age groups of 18–40 and 41–64 year olds cycling and skiing are much appreciated. Patients over 40, from both age groups, willingly do Nordic Walking and fishing. Respondents show less interest in skating and swimming. It is affected by the lack of ice-rings, indoor and outdoor swimming pools in patients' hometowns who are not used to using those objects. The research shows that fitness is of bigger and bigger interests particularly in the group of 40–65 year olds, which testifies that women visitors take care of their appearance and shape.

Today's health resort visitors are ever more demanding, they want to get familiar with something fresh, to learn something new, to experience an exciting adventure. They are searching for pos-

sibilities of getting close to nature. Tourists are willing to change their everyday environment for a radically different one, an exotic one. New experiences they encounter during their stay at a spa along with the specific, relaxing atmosphere of health resorts play a key role in the process of treatment. Due to these advantageous factors, therapy is more pleasant an experience as patients participate in cultural events, hiking and excursions as well as other recreational events they find worth attention and thus become more fit and handle stress better.

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TURYSTYKA, RUCH I REKREACJA W UZDROWISKACH POŁUDNIOWEJ POLSKI

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Streszczenie. W opracowaniu przedstawiono analizę udziału, w różnych formach ruchu i rekreacji, kuracjuszy przebywających w uzdrowiskach południowej Polski. Poprzedzono ją badaniami dotyczącymi ich dbałości o kondycję fizyczną. Badania ankietowe przeprowadzono na grupie 316 osób, które ukończyły 18 rok życia, w miejscowościach uzdrowiskowych południowej Polski: Szczawno Zdrój, Łądek Zdrój, Krynica Zdrój. Wynika z nich, że wielu kuracjuszy chętnie bierze udział w organizowanych w uzdrowiskach zajęciach ruchowych i rekreacyjnych. Analiza odpowiedzi ankietowanych kuracjuszy upoważnia do stwierdzenia, że po przyjeździe do uzdrowiska, poza poddaniem się kuracji, pragną brać udział w interesujących ich zajęciach ruchowych i rekreacyjnych. Odgrywają one istotną rolę w procesie leczenia, poprawiając ich kondycję fizyczną i odporność na stres.

Słowa kluczowe: turystyka, ruch, rekreacja, uzdrowisko.

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Abstract. In this study there has been shown the analysis of participation in various forms of exercise and recreation of visitors at the health resorts of southern Poland. It was preceded by the research on taking care of their physical condition. The questionnaire study was conducted on 316 people above 18 in southern Poland health resorts: Szczawno Zdrój, Łądek Zdrój, Krynica Zdrój. The study shows that a lot of visitors willingly take part in exercises and recreation activities organized in the health resorts. The analysis of survey responses allows to state that after arriving to a health resort, besides medical treatment, visitors want to take part in interesting exercises and recreation activities. They play a significant part in the process of treatment improving people's shape and resistance to stress.

Key words: tourism, movement, recreation, health resort