



## The historical journey of recreation research: A bibliometric study (1955-2022)

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### Abstract

The notion of recreation is broad and intertwined with many fields. According to the bibliometric analysis method, the study's goal is to examine studies in the international literature in which recreation and other areas related to recreation (health, environment, education, sports, tourism, game, culture, economy, art, and landscape architecture) are used together. On February 4, 2023, 51,235 studies from 1955 to 2022 were analyzed and categorized in terms of bibliometric indicators in the Scopus database, with the limitation of title, abstract, and keywords. "Co-authorship" and "co-existence" analyses were performed in the "VOSviewer" software to perform the bibliometric analysis and visualize the data. According to the bibliographic analysis, the most studies on the subject are in the field of recreation and health (13,696), recreation and tourism studies have increased in recent years, but recreation and game studies have decreased significantly. Most studies on the subject were published in the field of recreation and health in 2022 (752), and the "Research Quarterly for Exercise and Sport" magazine included the most studies in the fields of health, environment, and sports. Upon examination of the network map, it was found that the most frequently utilized keyword was "physical activity." It is believed that the study will outline a roadmap for future research endeavors.

**Keywords:** Bibliometrics, health recreation, leisure, sports recreation

### *Rekreasyon araştırmalarının tarihsel yolculuğu: Bibliyometrik bir inceleme (1955-2022)*

#### Öz

Rekreasyon kavramı geniş sınırlara sahiptir ve birçok alan ile bağlantılıdır. Çalışmanın amacı, uluslararası yazında rekreasyon ve rekreasyon ile ilişkili diğer alanların (sağlık, çevre, eğitim, spor, turizm, oyun, kültür, ekonomi, sanat ve peyzaj mimari) bir arada kullanıldığı çalışmaların bibliyometrik analiz yöntemine göre incelenmesidir. Bu amaç doğrultusunda 4 Şubat 2023 tarihinde Scopus veri tabanında başlık, özet ve anahtar kelimeler sınırlaması kullanılarak 1955 – 2022 yılları arasında yer alan 51.235 çalışma bibliyometrik göstergeler açısından incelenerek kategorize edilmiştir. Bibliyometrik analizi gerçekleştirmek ve verileri görselleştirmek amacıyla "VOSviewer" yazılımında "ortak yazarlık" ve "birlikte bulunma" analizleri yapılmıştır. Gerçekleştirilen bibliyografik analiz sonucunda, konu ile ilgili en fazla çalışmanın rekreasyon ve sağlık alanında (13.696) olduğu, rekreasyon ve turizm çalışmalarının son yıllarda arttığı ancak rekreasyon ve oyun çalışmalarında ciddi bir düşüş olduğu görülmüştür. Konu ile ilgili en fazla çalışmanın 2022 yılında (752) rekreasyon ve sağlık alanında yayınlanmış olduğu, "Research Quarterly For Exercise and Sport" dergisinin sağlık, çevre ve spor alanlarında en fazla çalışmaya yer veren kaynak olduğu saptanmıştır. Ağ haritası incelendiğinde en fazla kullanılan anahtar kelimenin "physical activity", olduğu bulunmuştur. Çalışmanın gelecekteki araştırmalar için bir yol haritası çizeceği düşünülmektedir.

**Anahtar Kelimeler:** Bibliyometri, spor rekreasyonu, sağlık rekreasyonu, boş zaman

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Genişletilmiş Türkçe Özet, makalenin sonunda yer almaktadır.

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## INTRODUCTION

Recreation has been a significant notion for humans throughout history and has been viewed as a necessity at all times. This urge comes as a need for refreshment and rest after both light and heavy labour in people's everyday lives (Çöpür, 2020). Examining research in the subject of recreation reveals that there is no commonly acknowledged definition of the term recreation. Some writers define the idea by considering the socializing and social acceptance aspects of recreation (Biddle & Mutrie, 2001), while others consider the aspect of leisure time (Shievers & DeLisle, 1997). Individuals in industrialized nations have begun to use their leisure time to accomplish emotional, mental, and physical growth as knowledge of the benefits of leisure grows (Topaçoğlu & Kılavuz, 2022). This has aided in the advancement of amusement. Because leisure encompasses such a broad range of activities and has a multidisciplinary structure, it is linked to several disciplines or subjects. Recreation interacts with different fields such as education, landscape architecture, sociology, commerce, geography, city planning, and biology (Aydın & Aksöz, 2019) demonstrating that it is multidisciplinary (Williams, 2006). In the study, Buzlu (2015) underlines that recreation is a multidisciplinary subject that promotes people's physical health and is connected to various sectors like as business, economy, and psychology. Other topics associated to recreation, according to Gül et al. (2013), are health, environment, education, sports, tourism, gaming, culture, economy, art, and landscape architecture. However, both academically and operationally, it has a greater association with tourism and sports (Metin et al., 2013).

Recreation essentially attempts to help people assess their free time wisely and to rejuvenate them emotionally and physically through the activities they do in their leisure time. This fundamental aim of the recreation discipline can be accomplished through sports and arts activities. In fact, Nietzsche saw art as a method to escape from the mundane parts of existence (Bozkurt, 2012). The benefits of recreation are the major reason why people wish to participate in recreational activities. The beneficial benefits of leisure activities on health have highlighted the concept that activities may be used in a systematic manner for healing and therapy (Çetiner, 2019). People choose open areas for leisure activities to get away from everyday living style, dull city life, and inactivity (Karaküçük, 2008). Tourism and outdoor leisure are expanding and diversifying. It is critical to limit environmental harm and to have a cautious mindset when carrying out such operations. The term "game" is another concept that is frequently used when characterizing recreation. Recreation, in its broadest meaning, involves play (Butler, 1940). In the perspective of "Homo ludens" (performing human) in Latin (Torkildsen, 2012), recreation

is seen in terms of programs, activities, traditions and institutional activities. One of the most significant tasks of recreation in modern communities is to promote social unity by bringing people together, getting to know each other, developing connections, and becoming closer via various activities.

Examining areas connected to the notion of recreation from the past to the present is significant in assessing the research quality of the recreation literature as well as the level of growth of the field. It is attempted to contribute to the growth of the study field by conducting a complete evaluation of the relevant subjects using bibliometric studies for studies involving recreation and recreation-related domains. Bibliometric study is centered on examining certain properties of documents or publications and producing various scientific communication conclusions (Al & Coştur, 2007). Bibliometrics is being used to objectively examine publications and citation data in order to track changes in the relevant subject. A complete investigation of the examined region is possible thanks to bibliometric analysis. As a result, the field's profile may be exposed, and contributions to its advancement can be made. Examples of bibliometric research may be found in a wide range of fields, from social sciences to health sciences, psychology to education, and natural sciences to tourism. However, there are few examples of bibliometric analyses relating to the idea of recreation, and these few studies are largely about tourism (Vishwakarma & Mukherjee, 2019; Yersüren & Özel, 2020; Tekeli & Bozkurt, 2021; Ünal & Çelen, 2021;), sports (Lapa & Köse, 2021) and health (Godbey & Mowen, 2010; Özdede & Gültekin, 2018; Callow et al, 2020; Akın, 2021). As a result, the goal of this study is to conduct a bibliometric analysis of the studies in the Scopus database that employ leisure and recreation-related disciplines (Gül et al., 2013) (health, environment, education, sports, tourism, gaming, culture, economics, art, and landscape design) combined. Its goal is to give information on the evolution of the recreation area and future research by studying the numbers, kinds, languages, nation partnerships, citation analyses, common citation networks, and word-subject patterns of studies published in this field.

## **METHOD**

Recreation is a notion that is used in many different disciplines of scientific investigation. In the study, a bibliometric research method is employed to examine research articles that combine recreation and related fields in the Scopus database. For systematic literature reviews, Tranfield et al. (2003) offer a three-phase design: planning, execution, and reporting/publishing results. During the review, this method was used. The vital data sources in bibliometric research are the international scientific citation indexes, including the Science Citation Index (SCI),

Social Science Citation Index (SSCI) and Art & Humanities Citation Index (A&HCI). The Scopus database provides access to these indexes as well as all of the information associated with the articles included in these indexes. Scopus, one of Elsevier's most major bibliometric databases, was used for the current study. Scopus is a multidisciplinary database that contains approximately 69 million entries in the Life Sciences, Social Sciences, Physical Sciences, and Health Sciences categories. It should be emphasized that using a single database is preferred since it reduces the possibility of human mistakes (Donthu et al., 2021). As a result, the Scopus database was declared adequate for bibliometric analysis. In this context, the Scopus database is used to combine data from papers published between 1955 and 2022 in the domains of leisure and recreation-related sectors (health, environment, education, sports, tourism, gaming, culture, economy, art, and landscape design). All the information was acquired through scanning. To do the search, several keywords linked to publications were employed. Table 1 displays the keyword combination and search result.

**Table 1. Key words research result (4<sup>th</sup> February 2023).**

| <b>Combination of Words<br/>TITLE-ABS-KEY</b>             | <b>Result<br/>51.235</b> |
|---|--------------------------|
| ("recreation" AND "health")                               | 13.696                   |
| ("recreation" AND "environment")                          | 8.939                    |
| ("recreation" AND "education")                            | 7.088                    |
| ("recreation" AND "sport")                                | 7.039                    |
| ("recreation" AND "tourism")                              | 4.890                    |
| ("recreation" AND "game")                                 | 4.397                    |
| ("recreation" AND "culture")                              | 2.153                    |
| ("recreation" AND "economy")                              | 1.416                    |
| ("recreation" AND "art")                                  | 1.087                    |
| ("recreation" AND "landscapearchitect" or "architecture") | 530                      |

According to Table 1, the search words "recreation"and"health"-"environment"-"education"-"sport"-"tourism"-"game"-"culture"-"economy"-"art"-" and the terms landscape architect"or"architecture" were chosen. The terms were searched in the Scopus database using the title, abstract, and keywords restrictions. The query's output contains all research published between 1955 and 2022. Until 2022, 51,235 studies relating to the searched keywords have been published. This order is followed by the fields of health (13,696 publications),

environment (8,939 publications), education (7,088 publications), sports (7,039 publications), and tourism (4,890 publications), with landscape architecture (530 publications) having the fewest publications. All bibliometric data, including the cited references of the studies, were exported in CVS format for the visualization analysis to be conducted in order to examine the status of the studies in which recreation and recreation-related areas were used together, and thus the data collection process was fulfilled.

For bibliometric mapping, several visualization softwares have been created. Within the course of this study, "VOS viewer" software was used to obtain bibliometric analyses, establish bibliometric networks, and visualize the results (Van Eck-Waltman, 2017). Furthermore, a different threshold value was defined based on the analysis in order to achieve valid findings in all bibliometric analyses performed using the VOSviewer tool. The major benefit of the VOS viewer software over other programs (SPSS, Pajek, etc.) is that the size of the data sets does not effect the interpretation power (VanEck & Waltman, 2011).

## FINDINGS

This research contains bibliometric analyses in which papers on recreation and related topics are analyzed together. The data collection is made up of information gathered by searching keywords in the Scopus database. The distribution of the results by years is shown in Figure 1.

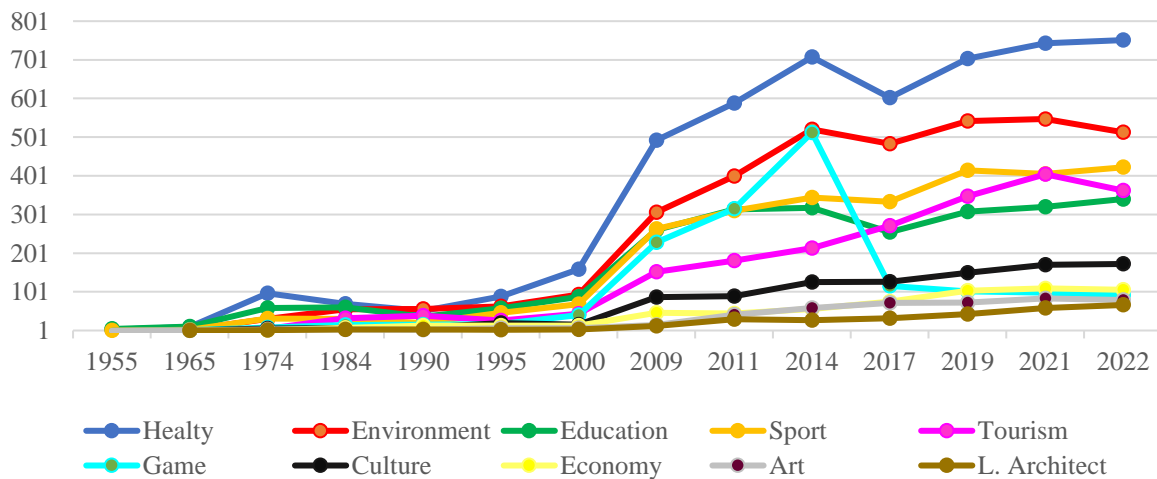
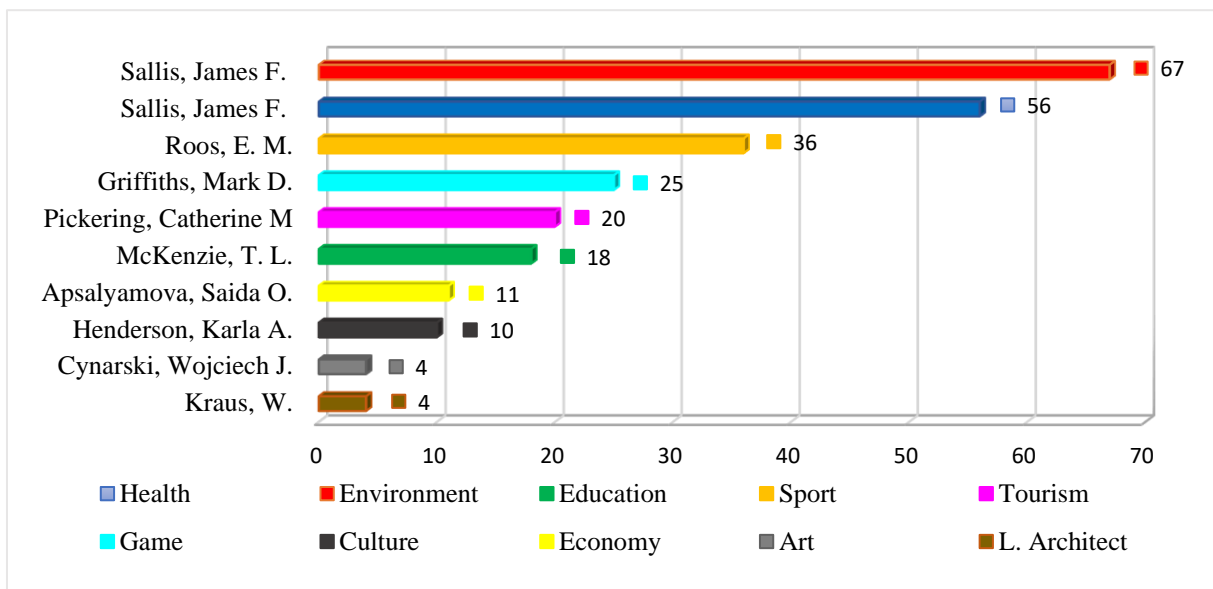


Figure 1. Distribution of the publications based on years

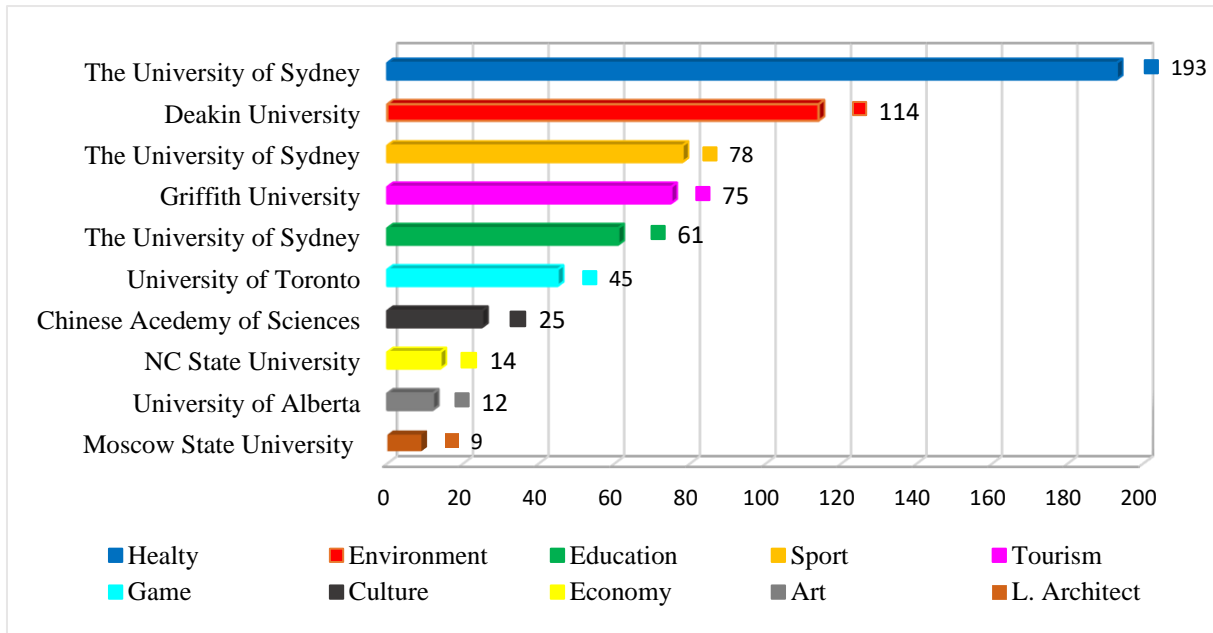
The distribution of publications in which recreation and recreation-related areas are utilized together is shown in Figure 1 by year. Each hue in the illustration symbolizes a

recreational area. Because the study data were generated while the year 2023 was in progress, the year 2023 was not included in the chart, as the findings would not be accurate. Looking at the distribution of publications by year, it is clear that the area of recreation and health will have the most publications in 2022, followed by the field of recreation and environment in 2021. After 2000, there was a substantial increase in the number of studies that combined the concepts of recreation and tourism, but after 2014, there was a severe reduction in recreation and gaming research. Looking at the number of publications associated with the concept of recreation as of 2022, we can see that the most studies are in the fields of health, environment, sports, tourism and education with the least publications in the fields of economy, art, and landscape architecture.



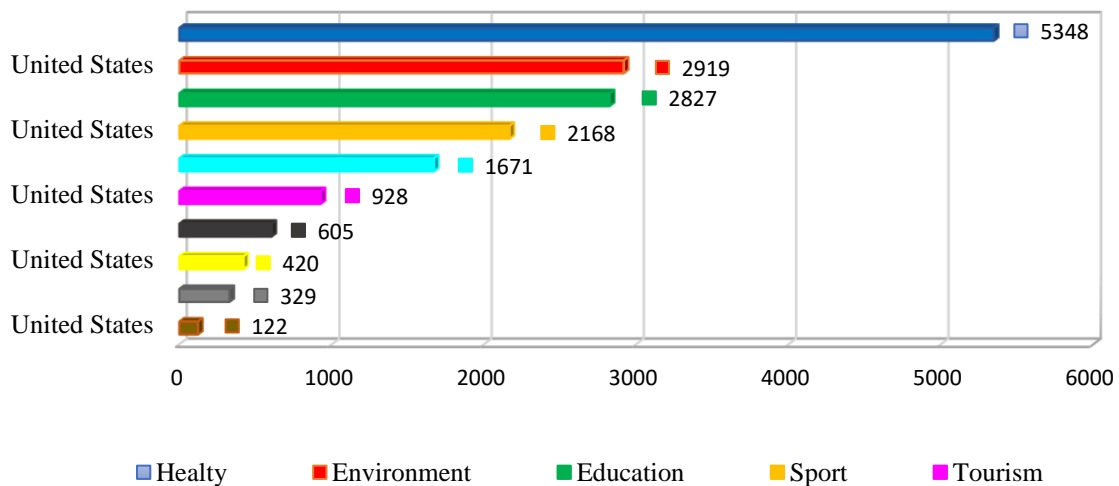
**Figure 2. Distributions of publications based on authros**

In Figure 2, the authors examine articles in which recreation and recreation-related disciplines are employed simultaneously. Each field is colored differently, and the author with the most work in that field is listed. When the number of publications is considered, Sallis, James F. is the author with the most publications in both the subject of "recreation and environment" (67 publications) and the field of "recreation and health" (56 publications). Roos, E. M. is third in the category of "recreation and sports" with 35 publications, while Griffiths, Mark D. is fourth in the field of "recreation and games" with 25 publications.



**Figure 3. Distributions of publications based on institutions**

Figure 3 depicts the order of the institutions to which the broadcasters are associated. Each hue symbolizes a recreational area, and the institution that publishes the most in that field is called. With 193 articles in the category of "recreation and health," "The University of Sydney" ranks top. Furthermore, "The University of Sydney" is the institution with the most publications in leisure and sports (78 publications) and recreation and education (61 publications). While "Deakin University" is placed second with 114 articles in the field of "recreation and environment", "Moscow State University" is the institution that contributed the least with 9 publications in the field of "recreation and landscape" architecture.



**Figure 4. Distributions of publications based on the published countries**

In the Scopus database, efficient nations have been attempted to be found within the scope of research in which recreation and recreation areas are employed jointly. The study provides an understanding of the geographic locations that contribute to the field's input. Figure 4 shows that the United States is the country that conducts the most labor in all categories of recreation. With 5348 studies, the United States is regarded as the country that publishes the most in the topic of recreation and health.

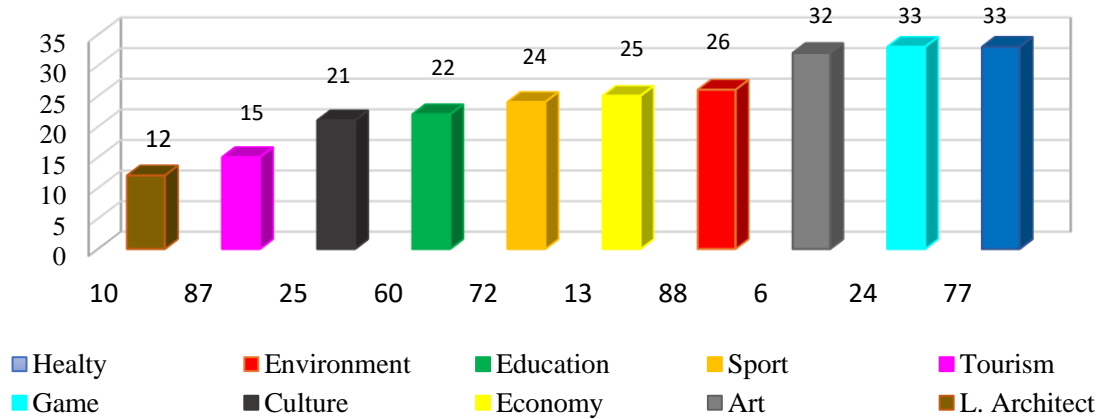


Figure 5. Distributions according to Turkiye’s publication status

When studies in which leisure and recreation-related areas are employed together are investigated using the Scopus database, according to figure 5, the field in which Turkiye is the best in terms of ranking is "recreation and landscape architecture" (12th rank). While "recreation and tourism" (rank 15) ranks second, it ranks last in the sectors of recreation and health and "recreation and game" (rank 33). Turkey typically falls behind other countries in all sectors.

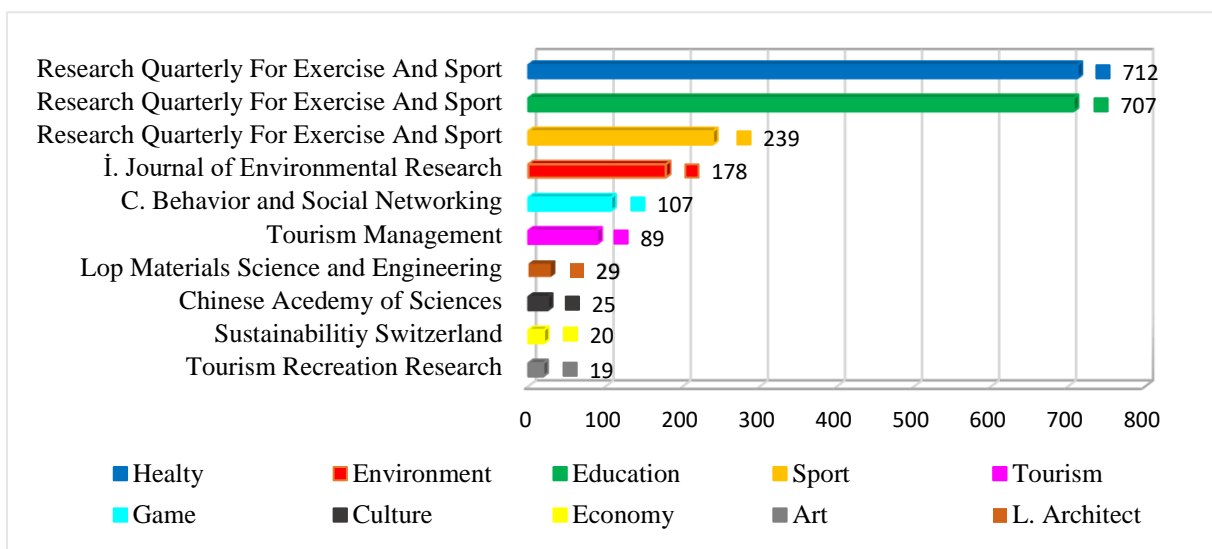


Figure 6. Distributions of publications based on resources.

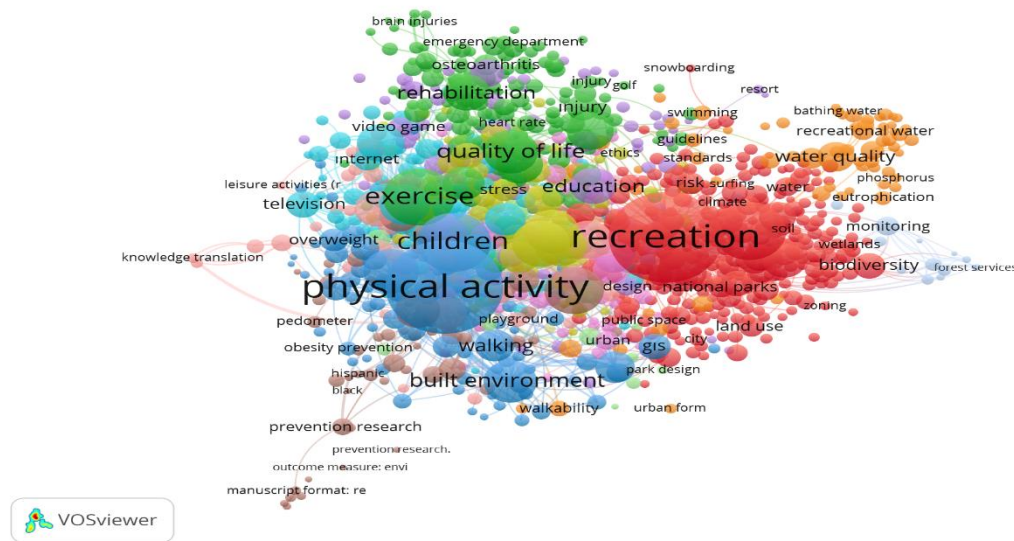


When reviewing Figure 6, studies in which recreation and recreation-related disciplines are employed together are listed individually according to their fields, and the source with the most publications in that field is given. According to the present survey, the magazine "Research Quarterly for Exercise and Sport" has the most articles in the three disciplines. It can be observed that the journal has the most publications in the area, with 712 in the subject of "recreation and health," 707 in the field of "recreation and education," and 239 in the field of "recreation and sports." The "International Journal of Environmental Recreation" ranks third, with 178 papers in the topic of "recreation and environment."

**Vosviewer mapping technique of studies using the topics of “recreation and areas related to recreation” according to scopus database**

The bibliometric analysis findings of the data set, which comprises of research on leisure and recreation-related topics in the Scopus database, were produced in this section by running "co-authorship" and "co-occurrence" analyses with the VOSviewer program.

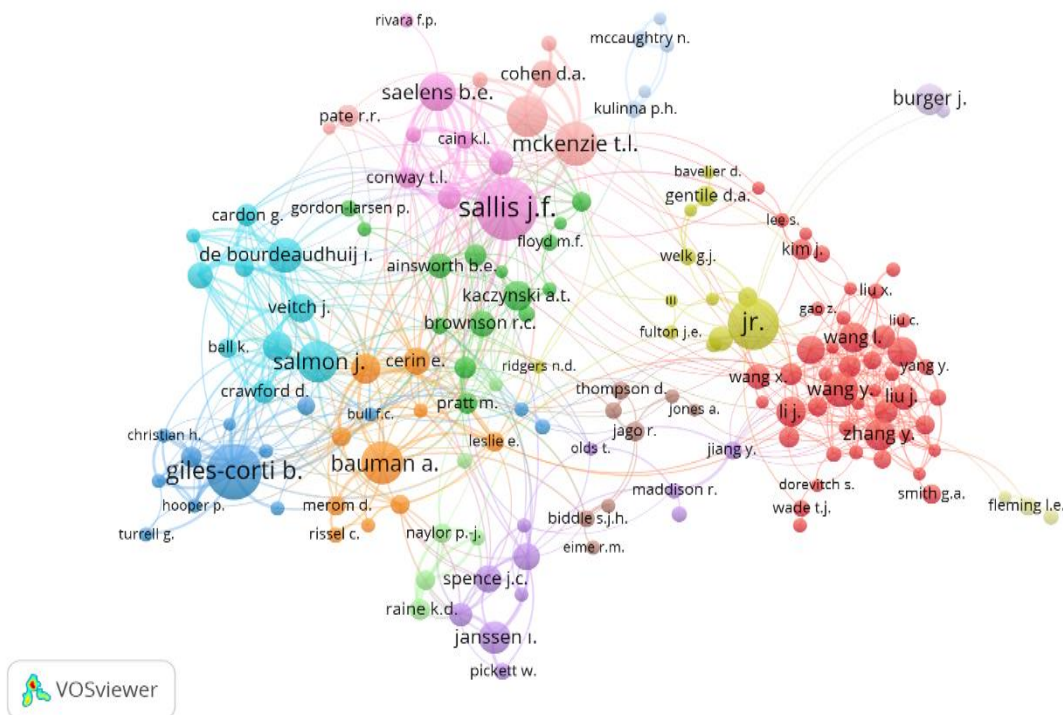
Figure 7 shows the co-generation network of keywords with the help of VOSviewer software.



**Figure 7. Bibliometric network analysis of the distribution of researches by keyword**

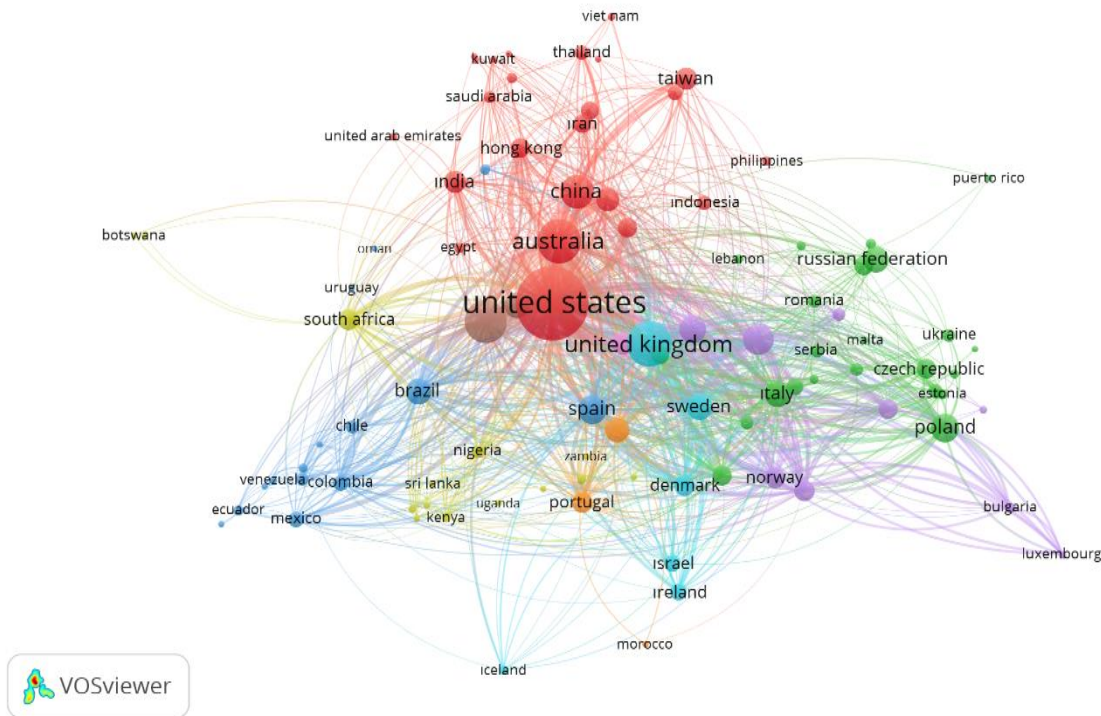
Figure 7 depicts a network map of the most frequently used keywords in research on recreation and other topics linked to recreation. Based on the data collected by picking at least 5 repetitions from a total of 39,210 keywords utilized in the study and executing the analysis, it is shown that 1000 keywords were defined under 13 clusters and 21,625 linkages were formed. The circle's size is controlled by the amount of keywords utilized. The circle colors of

the terms used together are the same, and the lines between the circles reveal which keywords are connected. When the keywords in Figure 7 are examined; PhysicalActivity (N=1938), Recreation(N=1826), Children(N=751), Exercise(N=699), Environment (N=477), Health(N=447), Obesity(N=424) max keywords used were determined.



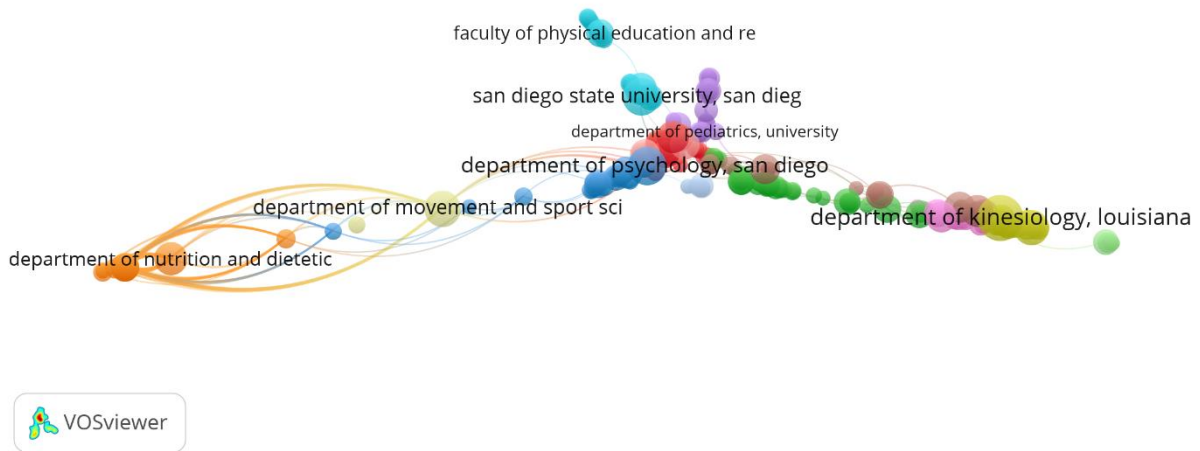
**Figure 8. Bibliometric network analysis of the distribution of studies according to authors**

Figure 8 demonstrates the relationships between 66,609 writers who have done research in which recreation and other areas connected to recreation are employed together. The map was made by selecting the value "20" for at least the number of works by an author and "10" for at least the number of citations for an author's work. The cutoff value is met by 174 writers out of 66,609. The VOSviewer application was used to examine 156 writers who had the greatest correlation. Among these authors, 14 clusters and 671 links were formed. Sallis J. F. is a centrally located author with 33 links, 130 studies and 24,344 citations, nurturing and strongly relatable other authors.



**Figure 9. Bibliometric network analysis of the distribution of researches by country of publishing**

Figure 9 depicts a network map of nations involved in research involving recreation and other areas connected to recreation. The image shows that 9 different hues are generated, indicating that nations are grouped into 9 separate clusters. Data were gathered by choosing at least "10" for the number of studies in a nation and at least "0" for the number of citations for research in that country. These criteria are met by 100 nations out of 684. Each country's overall strength of co-authoring linkages with other nations was determined, and the 97 countries with the highest total link strength were chosen. United States, which has the most studies (N=13304) and citations (N=526226) among the countries, cooperates with a total of 24 countries and is seen as the country with the highest connection power. United States is followed by United Kindom with 3233 studies, Australia with 3021 studies and Canada with 2912 studies.



**Figure 10. Bibliometric network analysis of the distribution of researches according to the institutions published**

Figure 10 shows a total of 53782 institutions where studies on recreation and recreation-related topics have been published. When the number of studies of these institutions is at least "6" and the number of studies belonging to each institution is at least "0", 547 institutions fulfill the threshold value. 37 institutions were obtained after analyzing the sources with high relationship strength among 547 sources. Figure 10 shows that the institutions are divided into seven major categories. "Department of Nutrition and Dietetics", which is the institution with the highest number of studies (N=27) and cited (N=869) among institutions, is in cooperation with 25 institutions in total and is seen as the institution with the highest connection power.

## DISCUSSION AND CONCLUSION

The objective of this study is to discover and categorize publications that employ recreation and recreation-related fields together. The Scopus database was searched for terms produced between 1955 and 2022 using the bibliometric analysis approach. There are 51235 studies exported from the Scopus database in total. VOSviewer visualization software was used to construct maps depicting the links between documents, authors, sources, institutions, and nations using the bibliometric data gathered for the study.

When the distribution of publications by year is analyzed; it was discovered that the most studies in the area of recreation were in the field of recreation and health (752) in 2022, followed by studies in the field of recreation and environment (548) in 2021. It has been observed that work in the field of recreation has increased in all related fields since 2000 with recreation and

tourism studies increasing more than other fields, but recreation and game studies have experienced a dramatic decrease, particularly after 2014, and have lagged behind other fields. In their study, Lapa & Köse (2021) found that studies in the subject of recreation are rising and that recreation is a burgeoning field. In contrast to this finding, the present study concluded that while studies in the subject of leisure grew overall, when the associated disciplines were studied, certain fields came to the fore and the number of publications in others fell. Between the years 2020 and 2022, which we can call the pandemic period, the number of publications in the fields of health, sports, education, landscape architecture and culture, which work in tandem with recreation, increased, while the number of publications in the fields of environment, tourism and decreased.

Sallis who is in a central position among the authors, is regarded as the most productive author in both recreation and health (67 studies) and recreation and environment (56 studies), with 33 links and 24344 citations. He is the author with whom he has a close relationship. "The University of Sydney" is the institution that makes the most contribution to the research (193) that combines the ideas of recreation and health. At the same time, it is the institution that publishes the most in the domains of sports and education that are related to recreation. While the United States has the most research in all disciplines linked to leisure, it has been shown that publications that employ the notion of recreational health together stand out in the country. At the same time, the United States works with a total of 24 nations and is regarded as the country with the most connection power. According to various research on recreation (Gözen, 2020; Lapa & Köse, 2021), the United States is a productive and well-connected country. This outcome was unsurprising given that the first examples of recreation occurred in America and were backed by state policy.

Turkey, on the other hand, falls behind other nations in all categories that deal with recreation, with the exception of recreation and landscape architecture (12th rank). Recreation and tourist works are ranked second (15th rank), while recreation and health works are ranked last (33rd rank). The relatively recent character of the area might be cited as one of the explanations for the low number of recreational works. In Turkey, recreation was initially reviewed as part of the Seventh Five-Year Development Plan (7BYKP) between 1996 and 2000, and it was agreed to start "Recreation Department" programs in 2000. When compared to examples from the United States, it is clear that the establishment of leisure education in Turkey, the relevance of which was recognized in the 1920s, is late. Merriam (2013) stresses that recreational papers produced in Turkey lag behind those published in Europe and America.

at his research, Kızanıklı (2014) discovered that the majority of graduate theses on recreation were written at the Department of Landscape Architecture. It has been determined that it is most closely related to the notions of tourism, sports, and scenery. These study findings back up our findings and demonstrate comparable characteristics.

In studies involving recreation and recreation-related fields, it has been discovered that the magazine "Research Quarterly for Exercise and Sport" ranks first in the fields of environment, education, and sports, and the "International Journal of Environmental Recreation" ranks first in the field of recreation and environment. According to the bibliometric network analysis, it was determined that the "Department of Nutrition and Dietetics" collaborates with 25 institutions and has the most connection potential. They noted that more specific journals began to publish in more particular disciplines and published key findings that affect the field of recreation. When a keyword analysis is performed on research in which recreation and recreation-related fields are utilized simultaneously, the most frequently encountered topic is Physical Activity (N=1938). It was determined that the concept was followed by the concepts of Recreation (N=1826), Children (N=751), Exercise (N=699), Environment (N=477), Health (N=447) and Obesity (N=424).

The current study's drawback is that it is based solely on research from the "Scopus" database in the literature. However, the study may be enhanced by using more datasets. It is hoped that this method of reviewing research in journals will give crucial insights to academics working in the field and shed information on the historical process of the leisure sector. In this context, bibliometric studies are expected to play an essential role in defining the academic foundations of the relevant topic, as well as the most prolific nations, universities, and researchers in the discipline.

## GENİŞLETİLMİŞ ÖZET

### GİRİŞ

Rekreasyon kavramı sınırları çok geniş bir alanı kapsamaya ve çok disiplinli bir yapıda olması nedeniyle, birçok alan veya konuyla bağlantılıdır. Rekreasyonun eğitim, peyzaj mimarlığı, sosyoloji, işletme, coğrafya, şehir planlama ve biyoloji (Aydın & Aksöz, 2019) gibi diğer bilim dallarıyla olan etkileşimi, disiplinlerarası özelliğe sahip olduğunu göstermektedir (Williams, 2006). Kement'e (2013) göre rekreasyonla ilişkili diğer alanlar sağlık, çevre, eğitim, spor, turizm, oyun, kültür, ekonomi, sanat ve peyzaj mimaridir. Rekreasyon kavramı ile ilişkili alanların geçmişten günümüze incelenmesi rekreasyon literatürünün araştırma kalitesinin ve alanın gelişim düzeyinin tespitinde de önemli bir yere sahiptir. Bibliyometri çalışmalarının sosyal bilimlerden, sağlık bilimine, psikolojiden, eğitime ve fen

bilimlerinden turizme kadar birçok disiplinde örneklerine rastlamak mümkündür. Ancak rekreasyon kavramı ile ilgili bibliyometrik analizlere ilişkin örneklerin sınırlı olduğu, yapılan bu sınırlı çalışmaların ise çoğunlukla turizm (Vishwakarma & Mukherjee, 2019; Ünal & Çelen, 2021; Tekeli & Bozkurt, 2021), spor (Lapa ve Köse, 2021) ve sağlık (Akin, 2021) alanlarında olduğu görülmektedir. Bundan dolayı bu çalışmanın amacı, Scopus veri tabanında rekreasyon ve rekreasyonla ilişkili alanların (Kement, 2013) (sağlık, çevre, eğitim, spor, turizm, oyun, kültür, ekonomi, sanat ve peyzaj mimari) bir arada kullanıldığı araştırmaların bibliyometrik olarak incelenmesidir. Bu alanda yayımlanan araştırmaların sayıları, türleri, dilleri, ülke iş birliktelikleri, atıf analizleri, ortak atıf ağları ile kelime-konu eğilimleri kapsamında incelenerek rekreasyon alanının gelişimine ve gelecek çalışmalara ışık tutmak hedeflenmiştir.

## **YÖNTEM**

Çalışmada nitel araştırma yöntemlerinden bibliyometrik araştırma yöntemi kullanılmaktadır. Veriler 1955-2022 yılları arasında yayımlanan ve Scopus veri tabanında yer alan rekreasyon ve rekreasyonla ilişkili alanların (sağlık, çevre, eğitim, spor, turizm, oyun, kültür, ekonomi, sanat ve peyzaj mimari) bir arada kullanıldığı yayınların 04.02.2023 tarihinde taranması ile elde edilmiştir. Arama kelimeleri olarak “recreation” and "health"-“environment”-“education”-“sport”-“tourism”-“game”-“culture”-“economy”-“art”-“landscape architect” or “architecture” terimleri seçilmiştir. Seçilen anahtar kelimeler Scopus veri tabanında başlık, özet ve anahtar kelimeler sınırlaması kullanılarak aranmıştır. Sorgu sonucu, 1955-2022 döneminde yayınlanan tüm çalışmaları içermektedir. 2022 yılına kadar aranan anahtar kelimelerle ilgili 51.235 çalışma yayınlanmıştır. Rekreasyon ve rekreasyonla ilişkili alanların bir arada kullanıldığı çalışmalarının durumunu derinlemesine incelemek amacıyla yapılacak görselleştirme analizi için çalışmalara ait alıntılanan referanslar da dahil olmak üzere tüm bibliyometrik veriler, CVS formatında dışa aktarılmış ve böylelikle veri toplama işlemi tamamlanmıştır. Çalışma kapsamında bibliyometrik analizlere ulaşmak, bibliyometrik ağları oluşturmak ve sonuçların görselleştirilmesi (Van Eck-Waltman, 2017) amacıyla, ücretsiz hizmet sunan ve herkesin kullanımına açık olan “VOSviewer” yazılımı kullanılmıştır. Ayrıca VOSviewer program aracılığıyla yapılan tüm bibliyometrik analizlerde anlamlı sonuçlar elde etmek için analize göre ayrı ayrı eşik değeri belirlenmiştir.

## **BULGULAR**

Gerçekleştirilen bibliyografik analiz sonucunda, konu ile ilgili en fazla çalışmanın rekreasyon ve sağlık alanında (13.696) olduğu, rekreasyon ve turizm çalışmalarının son yıllarda arttığı ancak rekreasyon ve oyun çalışmalarında ciddi bir düşüş olduğu görülmüştür. Konu ile ilgili en fazla çalışmanın 2022 yılında (752) rekreasyon ve sağlık alanında yayınlanmış olduğu, “Research Quarterly For Exercise and Sport” dergisinin sağlık, çevre ve spor alanlarında en fazla çalışmaya yer veren kaynak olduğu saptanmıştır. Türkiye’nin rekreasyon kavramı ile çalışılan tüm alanlarda diğer ülkelerin gerisinde olduğu, peyzaj mimari (12. sıra) ve turizm (15. sıra) alanlarının ön plana çıktığı görülmüştür.



Ağ haritası incelendiğinde en fazla kullanılan anahtar kelime “physical activity”, bibliyografik eşleşme analizinde ise belge gücü ve sayısına göre James F. Sallis isimli yazarın öne çıktığı bulunmuştur. Son olarak ülke ve kurum iş birliğinde bağlantı gücü en yüksek ülkenin Amerika Birleşik Devletleri ve kurumun ise “Department of Nutrition and Dietetics” olduğu belirlenmiştir.

### **TARTIŞMA ve SONUÇ**

Bu araştırmanın amacı, rekreasyon ve rekreasyonla ilişkili alanların bir arada kullanıldığı yayınları tespit etmek ve tasniflemektir. Bu amaçla Scopus veri tabanı 1955- 2022 yılları arası oluşturulan anahtar kelimeler kullanılarak bibliyometrik analiz yöntemi ile taranmıştır. Scopus veri tabanından dışa aktarılan toplam 51235 çalışma bulunmaktadır. Yayınların yıllara göre dağılımı incelendiğinde, rekreasyon alanında en çok çalışmanın 2022 yılında rekreasyon ve sağlık (752) alanında olduğu, bu sonucu 2021 yılında yayınlanan rekreasyon ve çevre (548) çalışmalarının takip ettiği bulunmuştur. Rekreasyon alanında yapılan çalışmaların 2000 yılından sonra tüm ilişkili alanlarda arttığı özellikle rekreasyon ve turizm çalışmalarının diğer alanlardan farklı olarak daha çok artış gösterdiği fakat rekreasyon ve oyun çalışmalarının özellikle 2014 yılından sonra dramatik bir düşüş yaşayarak diğer alanların gerisinde kaldığı görülmüştür. Lapa ve Köse (2021) çalışmalarında, rekreasyon alanında yapılan çalışmaların gün geçtikçe arttığını ve rekreasyonun geliştirmekte olan bir alan olduğu sonucuna ulaşmıştır. Bu sonuçtan farklı olarak mevcut çalışmada, rekreasyon alanında yapılan çalışmaların genel olarak artış gösterdiği fakat ilişkili alanlara bakıldığında bazı alanların ön plana çıktığı, bazı alanların yayın sayılarında ise düşüş olduğu sonucuna ulaşılmıştır.

Rekreasyonla ilişkili tüm alanlarda en fazla çalışma yapan ülkenin Amerika Birleşik Devletleri olduğu görülürken, ülkede rekreasyon sağlık kavramını bir arada kullanan yayınların öne çıktığı bulunmuştur. Aynı zamanda toplamda 24 ülke ile iş birliği içerisinde olup bağlantı gücü en yüksek olan ülke konumunda görülmektedir. Bu sonuç rekreasyon alanında ilk örneklerin Amerika’da olması ve devlet politikası olarak desteklenmesi nedeniyle şaşırtıcı olmamıştır. Dergilerde yer alan çalışmaları derinlemesine incelemenin, alanda çalışan akademisyenlere önemli ipuçları sunacağı ve rekreasyon alanının tarihsel sürecine ışık tutacağı düşünülmektedir. Bu bağlamda yapılan bibliyometrik çalışmaların, ilgili alanın akademik temellerini, alandaki en üretken ülkeleri, üniversiteleri ve araştırmacıları belirlemede önemli bir rol oynayacağı düşünülmektedir.

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|---|---|--|
| Fikir ve Kavramsal Örgü<br><i>Idea or Notion</i>  | Araştırma hipotezini veya fikrini oluşturmak<br><i>Form the research hypothesis or idea</i>         | Neşe GENÇ  |
| Tasarım<br><i>Design</i>  | Yöntem ve araştırma desenini tasarlamak<br><i>To design the method and research design.</i>         | Neşe GENÇ<br>Zarife TAŞTAN                       |
| Literatür Tarama<br><i>Literature Review</i>  | Çalışma için gerekli literatürü taramak<br><i>Review the literature required for the study</i>      | Gülsüm YILMAZ<br>Zarife TAŞTAN                   |
| Veri Toplama ve İşleme<br><i>Data Collecting and Processing</i>   | Verileri toplamak, düzenlemek ve raporlaştırmak<br><i>Collecting, organizing and reporting data</i> | Neşe GENÇ  |
| Tartışma ve Yorum<br><i>Discussion and Commentary</i>   | Elde edilen bulguların değerlendirilmesi<br><i>Evaluation of the obtained finding</i>               | Gülsüm YILMAZ                                    |
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| Bu araştırma, nitel yöntemle (geleneksel derleme) yapıldığı için Etik Kurul gereksinimi bulunmamaktadır.<br><i>Since this research was conducted with a qualitative method (traditional review), there is no need for an Ethics Committee.</i>                        |   |  |



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