



Alternativa recreativa para el aprovechamiento del tiempo libre de los jóvenes [

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text (article)

Analítica

This research is aimed at studying the current situation of Physical Recreation in the Carrera Larga Community of the municipality of El Salvador, Guantánamo, aimed at solving one of the existing problems, the use of free time in young people between 20 and 24 years of age through of physical sports-recreational activities according to your tastes, needs and preferences. During the application of the diagnosis, it was found that these young people are not offered physical-sports-recreational activities in a systematic way and with a methodological conception aimed at these ages, so they participate in recreational manifestations led by adults where alcoholism and others predominate. Negative tendencies to follow that reproduce the actions observed in adults, for which reason we determined to develop a recreational alternative based on physical sports-recreational activities that contributes to the use of free time in a healthy and profitable way in these young people. To reveal the existing problem we use as theoretical methods the analysis and synthesis, the logical historical, the functional structural system and the deductive inductive; as empirical methods the observation, the interview, the survey and the consultation of specialists, and as the mathematical technique the percentage calculation

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