



Volume: 02 Issue: 09 | Sep 2021 ISSN: 2660-454X

<http://cajitmf.centralasianstudies.org/index.php/CAJITMF>

Methodological Bases for Studying Tourist-Recreation Complexes

¹ Uktam Samaridinovich Sirojiddinov

² Kamoliddin Shodiyev

Received 10th Jun 2021,

Accepted 21st Jul 2021,

Online 02nd Oct 2021

^{1,2} Samarkand State Institute of
Architecture and Construction.
Uzbekistan

Abstract: The article examines the physiological, medical, socio-economic processes of organizing modern leisure. If we look at the meanings of the terms "recreation" and "tourism" separately, it is not difficult to understand that "recreation" has a deeper meaning. At the same time, these phrases complement each other, creating a unique meaning and content. Therefore, in this study, we preferred to use the terms "tourist rest" or "recreational tourism". Recreational tourism is a trip organized for the purpose of rest, recovery, treatment, development of the physical, mental and emotional forces of a person. Recreational tourism is characterized by long journeys, mostly with fewer visits to one place and other dating sites.

Keywords: Tourist enterprise, labor, mathematical methods, production, optimization model, firm, profit.

Good health and versatility in a person are created as a result of material and spiritual wealth, formed through a favorable social environment, knowledge, experience and skills in society. Improving the health and opportunities of the population has a positive effect on the quality of the individual, the efficiency of his work and, as a result, on the process of economic development.

Recently, in scientific publications published in our country and abroad, the word "tourism" is often written together with the word "rest". After all, tourism and recreation are inseparable. In any case, travel relieves physical and mental fatigue caused by work, study, household chores, and restores health. Therefore, in ongoing scientific research, it is advisable to study it as a complex, as a tourist and recreational complex. Therefore, in most scientific works on tourism, the problems of tourism and recreation are studied as a subject of scientific research and are largely solved. However, the issues of manifestation of the organizational and economic mechanism for the development of tourist and recreational territories at different levels of the crisis remain relevant.

The word "reconatio" comes from the Latin language and means "reconatio" (restoration). Since the middle of the twentieth century, this term has been used more to describe medical procedures aimed at restoring strength and health lost during childbirth [1]. But when it later became clear that the restoration of mental and physical health depends not only on treatment, but also on active and passive rest, rest acquired the meaning that it gives now. In economic dictionaries, recreation is defined as "leisure, recreation and recovery of a person."

Modern rest includes physiological, medical, socio-economic processes of organizing rest. If we consider the meanings of the terms "recreation" and "tourism" separately, it is not difficult to understand that "recreation" has a deeper meaning. At the same time, these phrases complement each other, creating a single meaning and content. Therefore, in this study, we preferred to use the terms "tourist rest" or "recreational tourism". Recreational tourism is a trip organized for the purpose of rest, recovery, treatment, development of the physical, mental and emotional forces of a person. Recreational tourism is characterized by long trips, mostly in one location, and less frequent visits to other dating sites [2-6].

Recreational tourism, along with ensuring the restoration of the mental and physiological potential of society, strengthens the working capacity of the population, creates conditions for the effective use of employees' free time. Employment of the population as an important participant in the social process, raising its standard of living; as a sphere of economic activity, it serves to create new jobs, increase labor productivity, stimulate the construction of new enterprises related to the production of consumer goods, tourism infrastructure. Regardless of the principles on which the country's economy is based, society feels the need for tourism and recreational consumption, which is formed through services related to tourism, medicine and culture. Equipping enterprises in industrialized regions with the latest computer and information technologies has led to a decrease in the share of physical labor in production processes. As a result, various diseases began to arise associated with a decrease in muscle activity due to the sedentary lifestyle of the population. At the same time, such passive forms of recreation as indifference to one's own health, non-observance of simple rules of a healthy lifestyle, alcoholism and smoking have not disappeared [7-12]. To become fully mature, a person must have a broad outlook, aesthetic culture and lifestyle that is in harmony with mental health and physical education.

Today, scientists around the world recognize that the correct organization of tourist and recreational activities is an effective tool that affects the health of both humans and society. The organization of effective and adequate rest of the population is considered the most important condition for the prevention, restoration and maintenance of mental and physical health of a person at the required level. First, as the income of the population grows, the bulk of consumer spending begins to be spent on meeting their own needs. Among them, the need to restore health comes to the fore, that is, the need for rest. Secondly, the introduction of modern technologies in production, an increase in labor productivity, optimization of the division of labor leads to an increase in free time. This will increase the prestige of the service industry, which aims to occupy human leisure, and increase the demand for tourism. Thirdly, the socio-demographic factors of tourist and recreational services create conditions for the use of recreational services that correspond to the age and state of health of various segments of the population. The health of the population is improving. After all, everyone is interested in sharing the need for medical services with tourism and recreation services. Fourth, with the expansion of the material potential of the service sector, the possibility of attracting tourist and recreational resources will increase [13-17].

Today there are various modern forms of recreation. In many countries, efforts are being made to organize active participation of the population in the tourist and recreational process in order to strengthen the health of the population, improve the quality of human capital. In order to improve the structure of the industry, to increase the efficiency of recreational activities, new forms and methods are being introduced to increase the interest of the population in active recreation. Therefore, recreational tourism is of great importance as a source of ensuring the restoration of the population's working capacity, and therefore, improving the mental and physiological state of society.

Recreational tourism literally involves recreation in the mountains, hills, forests, parks. But based on the above descriptions, recreational tourism can be divided into medical, health, historical and cultural and sports. In terms of duration, they can be short-term, long-term, seasonal, organizationally based on personal initiative, organized and unorganized, transport or foot. In any case, the availability of tourist and recreational resources, their quality indicators are of paramount importance in recreation. Tourist and

recreational resources are natural and socio-cultural objects that have a positive effect on the restoration and maintenance of a high level of physical and psychophysiological health. Natural complexes and their components (mountains and forests, hills, deserts, climate, flora, reservoirs, etc.), which make up these resources, unique natural objects (caves, waterfalls, beautiful landscapes, cultural and historical monuments, historical cities, etc.) .D.) Places, engineering structures) is an important factor in the development of the tourism industry. In addition, any economic mechanism develops sustainably only under the influence of capital, technologies for the use of resources and the availability of personnel who are aware of their use, as well as other factors necessary for the development of resources. No industry can develop without the necessary resources. [2]

Based on this, tourist and recreational resources can be divided into two categories:

- 1) Social and domestic tourist and recreational resources (historical buildings and structures, architectural and construction complexes and their elements, sports complexes and other social and cultural facilities that can be used for recreational purposes)
- 2) Natural recreational areas and resources (recreational, recreational areas, other natural areas, objects and picturesque areas that can be used for recreational purposes).

Here we explain the meaning of the terms used in the classification of tourist and recreational resources.

The concept of "rest" [N. Tukhliev, A. Toksanov] was defined as "the restoration of human energy and rest spent in the labor process." In our opinion, the definition of "work" in the broadest sense requires a clear definition of the content of rest. After all, physical fatigue, mental fatigue can occur both in the process of reading and in everyday and other everyday situations. It should be noted that due to the fact that energy recovery is carried out in free from work, intended for rest, the rest time "is limited by the time frame in which the recovery process takes place." It should be noted that recent descriptions in the scientific literature have focused more on the social aspects of recreational activities. In their opinion, it is recognized that "recreational activity is an activity aimed at restoring physical strength in free time, as well as an activity that, unlike other types of activity, contributes to its full development." In this description, the authors sought to emphasize the social nature of recreational activities. First, rest is associated with a certain type of time, that is, with leisure. Secondly, rest involves measures to relieve fatigue caused by the work process and household chores, to restore a high mental and emotional state [18-20]. However, the fact that the satisfaction of the recreational needs of a person occurs in the process of recreational activities, including the involvement of tourist and recreational economic entities in economic relations with recreational ones, was ignored.

In our opinion, it is appropriate to define recreation as follows: "Rest is a form of effective use of free time, consisting in efforts to overcome physical fatigue, mental fatigue that occurs at work, school, in everyday life and other everyday situations.

Due to the interdependence of the concepts of "tourist resources" and "recreational resources" the following texts will be devoted to tourism and recreational resources. It is impossible to agree that the tourism and recreation sector duplicates each other. Indeed, the tourism and recreation sectors can conflict, but in some cases they are relatively independent and can operate in parallel with each other. Therefore, it is better to use the term "tourist and recreational activity". On the other hand, it would be wrong to look for fundamental differences between the tourism and recreation sectors. Academician E.I. Chazov, "Rest is a concept that covers all forms of recreation, including sanatoriums and tourism." Thus, it can be said that tourism and recreation are interacting, interrelated and complementary types of social services. At the same time, the tourism industry is an integral part of the dating industry.

Tourist and recreational activities are economic activities aimed at occupying a person's leisure time with health, medical treatment and cultural activities. Economic relations associated with the construction of

the tourism industry, the construction and reconstruction of medical and rehabilitation institutions, as well as activities related to the organization of recreation and leisure, directly fill the term.

A tourist and recreational zone is a territory that unites several tourist and recreational zones with natural, historical and cultural resources.

In turn, the terms tourism, recreation, tourist and recreational zone, tourist and recreational resources, tourist activities, recreational services and other terms serve as the basis for expressing the concept of a tourist and recreational complex. Because tourism is inherently a complex of several parts. In particular, accommodation facilities, catering establishments, passenger and freight carriers, entertainment and entertainment establishments, various travel agencies and companies form a single regional tourist and recreational complex. In a broader sense, the tourist and recreational complex includes tourist excursions, sanatoriums, hotels, tourist and recreational facilities of various levels and capacities, public recreation areas, parks and forests, as well as other special objects of tourist interest.

Tourist and recreational complexes consist of technologically and functionally interconnected enterprises and institutions carrying out activities aimed at meeting the needs of the population in tourist and recreational services. The main part of the volume of services provided by enterprises of tourist and recreational complexes are tourist and recreational services. Since the tourism and recreation sector has become a separate sector of the economy, it can be distinguished from manufacturing, financial, intermediary and other types of activities, as well as enterprises and organizations in the service sector.

The main goal of creating tourist and recreational complexes is to create conditions for a unified tourist policy in the region, increase the competitiveness of tourist entities, organize a high level of medical and recreational activities, joint promotion of tourist products, tourist and recreational services. Consists of. Considering that today our scientists and practitioners consider tourism and recreation as objects and types of services that create material and spiritual conditions for recreation, tourist and recreational complexes, on the one hand, satisfy the "primary" spiritual and physical needs of a person, on the other. On the other hand, on the other hand, it creates the conditions for his development as a person and the satisfaction of his "secondary" needs, which contributes to an increase in his standard of living. So, one aspect of tourist and recreational complexes creates conditions for the development of human capital and recreation, and the other aspect creates these conditions.

The practice of tourism development on the basis of regional tourist and recreational complexes is widespread in the world. At the same time, the desired effect of state policy in this area is determined by the quality of the organizational and economic mechanism of tourist and recreational complexes and the degree of its stability in real (or crisis) conditions.

The prestige of tourism products, special technologies and the level of personnel used in them play a special role in the development of tourism and recreation activities and their transformation into a leading sector of the economy. The peculiarity of tourist and recreational technologies is that they are associated with natural and artificial sources. At the same time, the use of tourist and recreational technologies should be within certain limits. Considering that the goal of any economic activity is to make a profit through the maximum use of production capacities, compliance with the established limits allows you to effectively use the available resources. Otherwise, the economic and ecological balance in the region may be disturbed. As a result, the cost of restoring tourist and recreational resources will increase and economic efficiency will decrease. Therefore, the level of use of the elements of the natural complex, the load on tourist resources, the issues of compensation for damage caused by external influences should be under the control of the relevant authorities. Tourist and recreational complexes are the most effective organizational form of management to achieve sustainable tourism development and prevent its negative consequences.

Deficiencies in the organizational and economic mechanism of tourist and recreational complexes and weak links between its components can lead to a decrease in the quality of tourist and recreational resources, limited opportunities for recreation and health of the population, as well as a loss of interest from foreign tourists. Therefore, the introduction of an optimal form of management and regulation of tourist and recreational complexes is one of the most important tasks in the development of the country's economy.

For Uzbekistan, its rich cultural heritage, natural and recreational opportunities and other tourism resources are not fully utilized. The formation of tourist and recreational complexes is important for the integrated solution of important social issues, such as economic efficiency, budget allocations and the growth of the tax base, as well as the creation of new jobs, improving the health of the population, improving their professional and professional qualities. intellectual potential.

Scientific study of the problems of tourism development and its contribution to the regional economy is one of the most pressing problems for the Samarkand region. After all, the Samarkand region has a unique tourist and recreational potential. Unfortunately, tourism has not found its place as a subject for a comprehensive or scientific analysis of the national economy. One of the main reasons for this is that tourism cannot compete with the agricultural and industrial sectors, which are the main manufacturing sectors of the region, for profit. "At the moment, tourism revenues are very low, so this industry cannot be left alone," he said. To achieve something, you need to take measures to develop it. There are many developmental factors. One of them is to study the nature of this industry. In addition to being an integral part of the tourism economy, it also has its own characteristics. " While the introduction of advanced technologies through tourism solves economic problems, the fact that our country is one of the leading tourism destinations and is integrated into the world community is in line with our political goals.

In our opinion, the solution of the above issues will lead to significant qualitative changes in the field of tourism and recreation, as well as create conditions for good rest, treatment and recovery of local and foreign citizens.

References

1. Shodiyev, K. (2021). Contribution of ict to the tourism sector development in Uzbekistan. *ACADEMICIA: AN INTERNATIONAL MULTIDISCIPLINARY RESEARCH JOURNAL*, 11(2), 457-461.
2. Shodiev, T., Turayev, B., & Shodiyev, K. (2021). ICT and Economic Growth Nexus: Case of Central Asian Countries. *Procedia of Social Sciences and Humanities*, 1.
3. Шодиев, К. (2021). ТУРИСТИК СОҲАДА КЛАСТЕР ВА ДАВЛАТ ХУСУСИЙ ШЕРИКЧИЛИГИ АСОСИДА ТАДБИРКОРЛИКНИ РИВОЖЛАНТИРИШ. *Scientific progress*, 1(6), 857-864.
4. Shodiyev, K. (2021). FEATURES OF STATE REGULATION OF DEVELOPMENT OF TOURISM IN UZBEKISTAN. *Oriental renaissance: Innovative, educational, natural and social sciences*, 1(5), 492-497.
5. Sirojiddinov, U. S., & Shodiyev, K. (2021). ALKALINEACTIVATED OIL-WELL CEMENTS AND SOLUTIONS ON THE BATE OF LOCAL ACTIVE MINERAL SUBSTANCES AND WASTES OF PRODUCTION. *Oriental renaissance: Innovative, educational, natural and social sciences*, 1(5), 486-491.
6. Sirojiddinov, U. S. (2021). STUDY OF THE COMPOSITION OF ALKALI CEMENTS AND CONCRETES BASED ON VOLLASTONITE OF KOYTOSH DEPOSIT. *Oriental renaissance: Innovative, educational, natural and social sciences*, 1(5), 498-503.

7. Qizi, Y. Z. S. (2021). Determination of pressure in the plunger during the operation of oil wells by submersible pumps. *ACADEMICIA: An International Multidisciplinary Research Journal*, 11(3), 159-163.
8. Shodiev, K. (2021). THE ENTREPRENEURSHIP DEVELOPMENT ON THE BASIS OF GOVERNMENT-PRIVATE PARTNERSHIP AND CLUSTERING IN THE TOURISTIC SPHERE. *ResearchJet Journal of Analysis and Inventions*, 2(04), 177-183.
9. Shodiyev, K. (2021). OPTIMIZATION OF PRODUCTION ACTIVITY OF THE TOURIST ENTERPRISE. *Academic Journal of Digital Economics and Stability*, 6, 106-114.
10. Sirojiddinov, U. S., & Shodiyev, K. (2021). Investigation of Alkali Cements and Concrete Based on Local Raw Materials. *International Engineering Journal For Research & Development*, 6(3), 1-16.
11. Юлдашова, З. С. К. (2020). ОПРЕДЕЛЕНИЕ ДАВЛЕНИЯ НА ПЛУНЖЕР ПРИ ЭКСПЛУАТАЦИИ НЕФТЯНЫХ СКВАЖИН. *Science and Education*, 1(6).
12. Shamsiddin o'g'li, K. S. (2020). THE EFFECT OF STIMULATORS ON THE LOCATION OF THE FIRST POD OF SOYBEAN VARIETIES. *INTERNATIONAL SCIENTIFIC AND TECHNICAL JOURNAL "INNOVATION TECHNICAL AND TECHNOLOGY"*, 1(2), 7-9.
13. Uktam Samaridinovich Sirojiddinov, Kamoliddin Shodiyev. THE EFFECT OF STIMULATORS ON THE LOCATION OF THE FIRST POD OF SOYBEAN VARIETIES. *Academic Journal of Digital Economics and Stability* Volume 9, 2021, 30-37.
14. Melikov Zarshed Jamshedovich 2021. RULES FOR INSPECTION OF THE TECHNICAL CONDITION OF THE BUILDING DURING RECONSTRUCTION. *European Scholar Journal*. 2, 5 (May 2021), 118-121. DOI: <https://doi.org/10.17605/OSF.IO/J7WMV>.
15. Melikov Zarshed Jamshedovich. RULES FOR INSPECTION OF THE TECHNICAL CONDITION OF THE BUILDING DURING RECONSTRUCTION. *Euro. Sch. J.* **2021**, 2, 118-121.
16. Melikov Zarshed Jamshedovich. (2021). RULES FOR INSPECTION OF THE TECHNICAL CONDITION OF THE BUILDING DURING RECONSTRUCTION. *European Scholar Journal*, 2(5), 118-121. <https://doi.org/10.17605/OSF.IO/J7WMV>
17. Melikov Zarshed Jamshedovich, & Abdurakhmon Akhunjanov. (2021). SAFETY RULES WHEN CHECKING THE TECHNICAL CONDITION OF A BUILDING DURING RECONSTRUCTION. *European Journal of Humanities and Educational Advancements*, 2(6), 56-59. <https://doi.org/10.17605/OSF.IO/7V35B>
18. Melikov Zarshed Jamshedovich; Abdurakhmon Akhunjanov. SAFETY RULES WHEN CHECKING THE TECHNICAL CONDITION OF A BUILDING DURING RECONSTRUCTION. *Euro. J. Hum. Edu. Adv.* **2021**, 2, 56-59
19. Tulakov Elmurad Salomovich, Matyokubov Bobur Pulatovich. Thermal Insulation Of The Foundation Walls Of Buildings And Calculation Of Its Thickness. *THE AMERICAN JOURNAL OF ENGINEERING AND TECHNOLOGY (TAJET)* SJIF-5.705 DOI-10.37547/tajet Volume 3 Issue 04, 2021 ISSN 2689-0984 The USA Journals, USA www.usajournalshub.com/index.php/tajet - C.70-78
20. Goyibov Oybek Inatillayevich, Matyokubov Bobur Pulatovich. Analysis of Underground Projects of Energy Efficient Low-Rise Residential Buildings Built on Highly Flooded Soils <https://doi.org/10.31149/ijie.v4i9.2156>