

PODIUM

Journal of Science and Technology in Physical Culture

EDITORIAL LIBERCIENCIA

Volume 18
Issue 2

2023

University of Pinar del Río "Hermanos Saíz Montes de Oca"








Translated from the original in spanish

Original article

Provision of public spaces and green areas to learn to live together and promote sports practices

Disposición de espacios públicos y áreas verdes para aprender a convivir y fomentar las prácticas deportivas

Fornecimento de espaços públicos e áreas verdes para aprender a viver juntos e incentivar atividades esportivas

Josué Carlos Rojas Krugger¹ , Eliana Soledad Castañeda-Núñez¹ , Jessica Micaela Ramos-Moreno² , Marllury Ynés Melgarejo-Alcántara² , Ramos-Moreno, Edison Williams¹ , María Aurora Gonzales Vigo¹ , María Isabel De los Santos Exebio³ , Jorge Luis Albarrán-Gil^{1*} 

¹ Graduate School César Vallejo University, Peru

² Private University of the North, Peru

³ Lord of Sipan University, Peru

* Corresponding author: jalbarrang@ucvvirtual.edu.pe

Received: 2023-04-28.

Approved: 2023-05-28.



ABSTRACT

The study is important because it allowed to know the existence of public spaces and green areas to learn to coexist and promote sports practices, and it has allowed to determine that 90% of the 45 managers agree that the municipality should allocate a budget to enable more spaces with some own mechanisms of municipal governments, due to the fact that, to date, it has been observed that for each public paved sports ground, there are approximately 3 sports fields with artificial grass with private administration; the objective of this research is to determine the relationship that exists between the types of communication within the neighborhoods of the provincial soccer league; the study was descriptive with a correlational scope, with a non-experimental, cross-sectional design. The subjects of the sample were selected for convenience, that is, a non-probabilistic sample, it was made up of a total of 45 representatives of 15 sports teams, which included 3 representatives for each soccer sports team. The participants in the sports competitions organized by the Sports Department Pearson 2 of the 3 correlations are high, being greater than 0.50, with the exception of the correlation between the dimensions: ascending, and horizontal is a low Pearson correlation of 0.36; that explains the slight difficulties in coexistence. Consequently, communication to overcome the lack of spaces set up for sports practice is viable, as can be seen in most correlations.

Keywords: Learning; sport; atmosphere.

RESUMEN

El estudio es importante porque permitió conocer la disposición de espacios públicos y áreas verdes para aprender a convivir y fomentar las prácticas deportivas, y ha permitido determinar que el 90% de los 45 directivos concuerdan de que la municipalidad deberá asignar un presupuesto para habilitar de más espacios con algunos mecanismos propios de los gobiernos municipales, debido a que, a la fecha se ha observado que por cada loza deportiva pavimentada pública, aproximadamente existen 3 campos deportivos con gras artificial con administración privada; el objetivo de esta investigación es determinar la relación que existe entre los tipos de comunicación al interior de los barrios de la liga



provincial de fútbol; el estudio fue descriptivo de alcance correlacional, con diseño no experimental, transversal. Los sujetos de la muestra fueron seleccionados por conveniencia, es decir, muestra no probabilística, estaba conformada por la totalidad de 45 representantes de 15 equipos deportivos, que incluyeron 3 representantes por cada equipo deportivo de fútbol. Los participantes en las competencias deportivas organizadas por la Subgerencia de deporte Pearson 2 de las 3 correlaciones son altas, por ser mayores de 0,50, a excepción de la correlación entre las dimensiones: ascendente, y horizontal es una baja correlación de Pearson de 0,36; eso explica las ligeras dificultades en la convivencia. En consecuencia, la comunicación para superar la carencia de espacios habilitados para las prácticas deportivas es viable, tal como se aprecia en la mayoría de correlaciones.

Palabras clave: Aprendizaje, deporte, ambiente.

RESUMO

O estudo é importante porque permitiu conhecer a disposição de espaços públicos e áreas verdes para aprender a conviver e promover práticas esportivas, e permitiu determinar que 90% dos 45 diretores concordam que o município deve alocar um orçamento para permitir mais espaços com alguns mecanismos dos governos municipais, porque, até o momento, observou-se que, para cada campo esportivo público pavimentado, existem aproximadamente 3 campos esportivos com grama artificial com administração privada; O objetivo desta pesquisa é determinar a relação existente entre os tipos de comunicação nos bairros da liga provincial de futebol; o estudo foi descritivo e correlacional, com um desenho não experimental e transversal. Os sujeitos da amostra foram selecionados por conveniência, ou seja, uma amostra não probabilística, e consistiram em 45 representantes de 15 times esportivos, incluindo 3 representantes de cada time de futebol. Os participantes das competições esportivas organizadas pelo gerente adjunto de esporte Pearson 2 das 3 correlações são altas, sendo maiores que 0,50, exceto pela correlação entre as dimensões: ascendente e horizontal, que é uma correlação de Pearson baixa, de 0,36; isso explica as pequenas dificuldades de convivência. Consequentemente, a comunicação para superar a



falta de espacios para actividades deportivas é viável, como pode ser visto na maioria das correlações.

Palavras-chave: Aprendizagem, esporte, ambiente.

INTRODUCTION

Learning to preserve parks and urban green areas is a good habit that should be shared, encouraged and established within the good customs and habits of healthy coexistence among citizens, even more so in situations where it is imperative to have green areas to have fun and go out urban monotony or domestic activities. Once these spaces are declared preserved, they can be made available for sports activities promoted by the municipality and public institutions, due to the perceived lack of frequent competitions in the sport that attracts the attention of youth: soccer; for which there is a lack of areas enabled to play sports and for sports competitions, that is to say that they are made of natural grass or with artificial grass to practice the variety of sports that citizens require; also for the well-being that it generates in the health and comfort of the person, according to: (Shin., 2007; Raanaas *et al.*, 2012; MINSAL, 2017) Romagosa, 2018; Puhakka, 2018; Lee, 2019; Vert, Gascon, 2019), Shiroma (2020).

Because there is a conviction that sport promotes human interrelations, facilitates interaction between neighbors and healthy coexistence, in this sense to promote the empowerment of these spaces, frequent programming of sports modalities is necessary, with activities throughout the year. This is how the initiative of some communities that have soccer competitions on Saturdays and Sundays, established in stages of first round, second round, qualifying stages and competitions that bring them closer to being able to access more competitive championships. In this sense, it has been verified in the surroundings of the urban part and the peripheral part the existence of spaces available so that the public sector can enable it for sports spaces or through the acquisition of areas from the private sector. The activity is conceived in this way to have large areas in which a sports field can be reached next to the green area sector with the respective maintenance. In contrast to this, there are private sports fields in a good state of maintenance, in which citizens pay to play



sports; consequently, optionally, it will be possible to resort to cleaning and awareness days for citizens so that they do not throw garbage in the vicinity of green areas and sports fields. In this way, it is possible to encourage them to participate in sports competitions, as measures of union, brotherhood and to promote healthy coexistence.

Consequently, it is important to practice sports in the parks, in the peripheral part of the same or in the sports fields if these sports fields are enabled, prior coordination with the managers or those responsible for the care and protection of the areas to do sports. sport. This decision will allow conservation in good condition and free of contamination, either by the presence of abandoned dogs or by waste or garbage that some citizens have the bad habit of throwing next to free areas. In this perspective, the good use and responsible occupation of such areas should be promoted so that they become attractive areas to visit, to do and to practice sports, due to the lack of public spaces equipped with grass to make it striking and attractive to practice sport.

In other words, sports activities or sports practices in good account are recommended for various reasons specifically in the person who does this work. This activity benefits from the contributions it generates to strengthen their body so that they have protection and muscular development. Immunological defenses are increased because they are a good example for society and their relatives and because athletes wherever they go generate a clean environment, specifically these activities will allow them to overcome places where there is a lot of collection, a lot of proliferation pets because the same space cannot be occupied simultaneously by two living beings, in this case by athletes and pets.

It is advisable to practice sports in green areas or close to these areas; practice sports on the outskirts of the parks, which are very important activities, which implies the restriction of abandoned animals; also due to the fear in society of attacks on people or other animals (Valderrama 2020).

Worldwide, in Barcelona an important article is perceived that deals with sport in urban public spaces, according to Public space and sport: from reflection to intervention. (Bautista-Puig *et al.*, 2022) takes up three aspects considered essential: sport practiced in urban public spaces is social capital; this capital is generated when public spaces are designed to be



meeting places and not transit areas; and urban public spaces, as a whole, are places of learning for citizens. In other words, the relevance of the learning and awareness of the citizenry is considered. In the conclusion, actions are suggested to improve the existing situation and remedy some of the deficits that have been observed.

Consistent with this and by virtue of the importance of spaces for sports, in one of the countries with the greatest economic progress such as the United States, the uncertainty of dog overcrowding exists some policies, to make spaces for various uses prevail, among them sports and recreation, this if the neglect of abandoned animals incurs the cases that they are not claimed by their owners or adopted (Olivares, 2020). That is why the authors of this research establish as the objective of this work: to determine the relationship that exists between the types of communication within the neighborhoods of the provincial soccer league

MATERIALS AND METHODS

The study of this research has been characterized as being of a correlational type, with a non-experimental, cross-sectional design.

The subjects of the sample were selected, for convenience, that is, a non-probabilistic sample, it was made up of a total of 45 representatives of 15 sports teams, considering three representatives per neighborhood, of which all are adults over 20 years of age, occupation: 28 merchants and carriers, ten teachers and seven with various occupations. These are representatives of each neighborhood, that is, of each soccer sports team that participates in the sports competitions organized by the Municipality's Department of Sports, Education and Culture. Initially, these have been selected to issue an opinion on the level of communications as people who help the managers of each of the teams, including the coach (or the one who acts as) or representative at the table and two neighbors. (as) of each neighborhood. These have been diagnosed due to concern about the lack of spaces set up for sports practice. On the other hand, the possibility of coordinating internally within each club to present proposals was shared.



As a work algorithm, they were asked to fill out a questionnaire with the dimensions: ascending (with communication indicators regarding obedience to the representative), descending (with communication indicators regarding obedience to people with a lower hierarchy). It was also classified as horizontal (with communication indicators regarding obedience and in consideration of citizens who are roughly on the same level)

The questionnaire consisted of 5 questions for each type of communication; all the questions had the alternatives: Always = 5, Frequently = 4, Sometimes = 3, Occasionally = 2, Never = 1.

The data analysis was done with the Excel software by coding the respondents to protect the identity, then the respective correlations were made with the Pearson statistician which values are shown in the results chapter.

RESULTS

The results of the questionnaires are shown below (Table 1)

Table 1.- Results of the questionnaires and averages for each dimension: ascending, descending and horizontal





	Preg1	Preg2	Preg3	Preg4	Preg5	PROM 1	Preg6	Preg7	Preg8	Preg9	Preg10	PROM2	Preg11	Preg12	Preg13	Preg14	Preg15	PROM3
Persona 1	3	3	4	3	2	3	2	2	2	3	2	2.2	2	2	2	3	3	2.4
Persona 2	4	3	3	3	2	3	3	3	3	5	3	3.4	2	2	2	2	2	2
Persona 3	3	3	3	3	3	3	3	3	3	3	3	3	3	4	4	4	4	3.8
Persona 4	3	4	4	3	4	3.6	4	3	3	4	3	3.4	4	3	3	4	3	3.4
Persona 5	4	3	5	5	5	4.4	5	4	4	5	5	4.6	5	4	4	4	5	4.4
Persona 6	2	2	2	2	2	2	1	2	2	2	2	1.8	2	2	3	3	3	2.6
Persona 7	4	5	5	5	4	4.6	5	4	3	5	5	4.4	5	4	4	4	4	4.2
Persona 8	3	3	3	3	3	3	3	3	3	3	3	3	3	4	4	4	4	4
Persona 9	5	1	5	5	5	4.2	4	1	5	4	1	3	1	1	1	1	1	1.6
Persona 10	4	4	3	3	4	3.6	4	4	4	4	4	4	4	4	4	4	4	4
Persona 11	3	3	4	3	2	3	2	2	2	3	2	2.2	2	2	2	3	3	2.4
Persona 12	4	3	3	3	2	3	3	3	3	5	3	3.4	2	2	2	2	2	2
Persona 13	3	3	3	3	3	3	3	3	3	3	3	3	3	4	4	4	4	3.8
Persona 14	3	4	4	3	4	3.6	4	3	3	4	3	3.4	4	3	3	4	3	3.4
Persona 15	4	3	5	5	5	4.4	5	4	4	5	5	4.6	5	4	4	4	5	4.4
Persona 16	2	2	2	2	2	2	1	2	2	2	2	1.8	2	2	3	3	3	2.6
Persona 17	4	5	5	5	4	4.6	5	4	3	5	5	4.4	5	4	4	4	4	4.2
Persona 18	3	3	3	3	3	3	3	3	3	3	3	3	3	4	4	4	4	4
Persona 19	5	1	5	5	5	4.2	4	1	5	4	1	3	1	1	1	1	1	1.6
Persona 20	4	4	3	3	4	3.6	4	4	4	4	4	4	4	4	4	4	4	4
Persona 21	3	3	4	3	2	3	2	2	2	3	2	2.2	2	2	2	3	3	2.4
Persona 22	4	3	3	3	2	3	3	3	3	5	3	3.4	2	2	2	2	2	2
Persona 23	3	3	3	3	3	3	3	3	3	3	3	3	3	4	4	4	4	3.8
Persona 24	3	4	4	3	4	3.6	4	3	3	4	3	3.4	4	3	3	4	3	3.4
Persona 25	4	3	5	5	5	4.4	5	4	4	5	5	4.6	5	4	4	4	5	4.4
Persona 26	2	2	2	2	2	2	1	2	2	2	2	1.8	2	2	3	3	3	2.6
Persona 27	4	5	5	5	4	4.6	5	4	3	5	5	4.4	5	4	4	4	4	4.2
Persona 28	3	3	3	3	3	3	3	3	3	3	3	3	3	4	4	4	4	4
Persona 29	5	1	5	5	5	4.2	4	1	5	4	1	3	1	1	1	1	1	1.6
Persona 30	4	4	3	3	4	3.6	4	4	4	4	4	4	4	4	4	4	4	4
Persona 31	3	3	4	3	2	3	2	2	2	3	2	2.2	2	2	2	3	3	2.4
Persona 32	4	3	3	3	2	3	3	3	3	5	3	3.4	2	2	2	2	2	2
Persona 33	3	3	3	3	3	3	3	3	3	3	3	3	3	4	4	4	4	3.8
Persona 34	3	4	4	3	4	3.6	4	3	3	4	3	3.4	4	3	3	4	3	3.4
Persona 35	4	3	5	5	5	4.4	5	4	4	5	5	4.6	5	4	4	4	5	4.4
Persona 36	2	2	2	2	2	2	1	2	2	2	2	1.8	2	2	3	3	3	2.6
Persona 37	4	5	5	5	4	4.6	5	4	3	5	5	4.4	5	4	4	4	4	4.2
Persona 38	3	3	3	3	3	3	3	3	3	3	3	3	3	4	4	4	4	4
Persona 39	5	1	5	5	5	4.2	4	1	5	4	1	3	1	1	1	1	1	1.6
Persona 40	4	4	3	3	4	3.6	4	4	4	4	4	4	4	4	4	4	4	4
Persona 41	3	3	4	3	2	3	2	2	2	3	2	2.2	2	2	2	3	3	2.4
Persona 42	4	3	3	3	2	3	3	3	3	5	3	3.4	2	2	2	2	2	2
Persona 43	3	3	3	3	3	3	3	3	3	3	3	3	3	4	4	4	4	3.8
Persona 44	3	4	4	3	4	3.6	4	3	3	4	3	3.4	4	3	3	4	3	3.4
Persona 45	4	3	5	5	5	4.4	5	4	4	5	5	4.6	5	4	4	4	5	4.4

It is observed that most averages are approximately 4, which corresponds to the option frequently; which indicates frequent and adequate communication in the coexistence of citizens according to each dimension: ascending, descending and horizontal. It is also observed that when finding the correlation of the columns that have the averages of each dimension, it was determined; between the two averages referring to communications ascending and descending a high Pearson correlation coefficient of 0.83. On the other hand, between the descending and horizontal communications there was a considerable correlation determined by the Pearson correlation coefficient of 0.62; and the comparison of the directors of sports clubs in comparison with the communication between citizens. That is, a low Pearson correlation of 0.36 prevails between the dimensions: ascending and horizontal.



From this the importance of learning to preserve parks and urban green areas for sports or other activities can be deduced. This protection enables subjects to become familiar with spaces that are prone to contamination; and thus, be able to exercise a policy to promote the conservation of green areas and sports fields. In this way, it is possible to convert the fields into areas with artificial grass, based on the fact that they were previously made of cement, and also provide natural grass to the free areas that have not yet been paved, for which 90% of the 45 managers agree that the municipality must allocate a budget to enable more spaces with some mechanisms of the municipal governments. This situation has been generated in this way, due to the fact that, currently, it has been observed that, for each paved sports ground, there are approximately 3 sports fields with artificial grass. This is why to be occupied with the practice of soccer and/or fulbito they have a high rate per hour; and by having a field enabled at the service of society with free use or with minimal fees, depending on the time, it will be possible to promote the massification of the sport at different times, with lower costs during the day, so that youth and children feel motivated to play sports on sports fields with characteristics similar to the synthetic grass fields that private entrepreneurs rent with high costs at night.

Consequently, communication to overcome the lack of spaces set up for sports practice is viable, as can be seen in most correlations.

DISCUSSION

This research reveals a reference study that provides pertinent information related to the provision of adequate spaces for carrying out physical activity. In works consulted, similar studies are mentioned that by merging potentialities in an integrated way, very satisfactory and convenient results could be obtained for the age group (Llanes, 2012) and above all thematic that characterizes it, such is the current role of the establishment of the biohealthy parks in urbanity, benefits that can be valued in the work of Vargas, (2016), also from the specificity shown in the work of Santos-Pastor, *et al.* (2018) who defend the idea of a natural space so that subjects with certain intellectual disabilities can carry out their necessary physical activity.



On the other hand, some park designs have also been found which destination has also been linked to physical activity, but this time more personalized according to the needs and cultural interests of the community that supports it (Rodríguez *et al.*, 2019; Martínez, 2022)

And in an orienting way towards the future of contemporary sports spaces, they took into account the ideas and initiatives contained in proposals on this topic in the work of Espinal-Ruiz *et al.* (2022) and de Castillo, (2022).

CONCLUSIONS

Most of the correlation levels determined by the Pearson coefficient are direct because they are positive and 2 of the 3 correlations are high, because they are greater than 0.50, with the exception of the correlation between the dimensions: ascending, and horizontal is low. Pearson's correlation of 0.36; responding to the objective that there is a direct relationship between the types of communication. In summary, all were direct, although one of them has a low Pearson correlation (0.36). This explains the difficulties that exist between these groups of citizens, when determining the problem that hinders the slight difficulties in coexistence with respect to the agreements for the authorization of spaces for sports activities. By corroborating these results, improvement is perfected according to the potential and cognitive gaps to be resolved. With the present research, the different levels of correlations were classified, as well as their low communication was identified. These have been sufficient arguments to take into account, in such a way that in terms of future research spaces can be proposed for health-generating sports practices and activities that promote healthy coexistence, family union and of the citizens, for which also the adequate spaces will be preserved, because in various places there is a lack of public spaces equipped with grass to make it striking and attractive to practice sports.



REFERENCES

- Bautista-Puig, N., Benayas, J., Mañana-Rodríguez, J., Suárez, M., & Sanz-Casado, E. (2022). The role of urban resilience in research and its contribution to sustainability. *Cities*, 126, pp. 103-715.
<https://www.sciencedirect.com/science/article/pii/S0264275122001548>
- Espinal-Ruiz, D. J., Scarpetta-Calero, G., & Londoño-Hernández, H. (2022). Prospectiva del sector deportivo del municipio de Guadalajara de Buga, Colombia. *Visión del futuro en el 2030. Revista Escuela de Administración de Negocios*, (92).
<https://journal.universidadean.edu.co/index.php/Revista/article/view/3334>,
<https://doi.org/10.21158/01208160.n92.2022.3334>
- Llanes, J. I. B. (2012). Aspectos técnicos metodológicos a considerar en la ubicación de las infraestructuras físico-deportivas recreativas. *PODIUM. Revista de Ciencia y Tecnología en la Cultura Física*, 7(1), pp. 8-38.
<https://podium.upr.edu.cu/index.php/podium/article/view/307>
- Martínez Moreno, D. (2022). Propuesta de diseño de un parque, para el barrio el Campin de la comuna 7 del municipio de Barrancabermeja.
<https://repository.usta.edu.co/handle/11634/46647>
- Puhakka S, Pyky R, Lankila T, et al. (2018). Physical activity, residential environment, and nature relatedness in young men-A population-based MOPO study. *Int J Environ Res Public Health*; 15(10): pp. 1-12. doi:10.3390/ijerph15102322.,
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6210253/>
- Raanaas R.K., Patil GG, Hartig T. (2012). Health benefits of a view of nature through the window: A quasi-experimental study of patients in a residential rehabilitation center. *Clin Rehabil*; 26(1): pp. 21-32. doi: 10.1177/0269215511412800,
<https://pubmed.ncbi.nlm.nih.gov/21856720/>



- Rodríguez, N. R., García, Y. M., & Berruz, N. S. O. (2019). Plan actividades-físico-recreativas: Estilo de vida en adultos mayores, Parroquia Camilo Ponce, Babahoyo. Dilemas contemporáneos: Educación, Política y Valores <https://www.dilemascontemporaneoseduccionpoliticayvalores.com/index.php/dilemas/article/view/1166>
- Romagosa F. (2018) Physical health in green spaces: Visitors' perceptions and activities in protected areas around Barcelona. *J Outdoor Recreat Tour*. 2018; 23(March):26-32. doi: 10.1016/j.jort.2018.07.002.
- Santos-Pastor, M., Muñoz, L. F. M., & Martín, L. C. (2018). Actividades físicas en el medio natural, aprendizaje-servicio y discapacidad intelectual. *Espiral. Cuadernos del profesorado*, 11(22), pp. 52-60. <https://dialnet.unirioja.es/descarga/articulo/6411092.pdf>
- Shin W. S. (2007). The influence of forest view through a window on job satisfaction and job stress. *Scand J For Res*. 2007; 22(3): pp. 248-53. doi: 10.1080/02827580701262733 <https://www.tandfonline.com/doi/abs/10.1080/02827580701262733>
- Slee V, Allan J.F. (2019). Purposeful Outdoor Learning Empowers Children to Deal with School Transitions. *Sports*; 7(6): pp. 134. doi: 10.3390/sports7060134, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6628626/>
- Shiroma, P. (2020). Características de las infecciones por parásitos gastrointestinales zoonóticos en perros con dueños. Lima-Perú. *Ciencia Veterinaria*, 22(2), 157-168. <https://doi.org/10.19137/cienvet202022205>
- Valderrama, A. (2020). Estimación poblacional de perros y gatos con propietario en la ciudad de Abancay, Perú (2017) *Revista De Investigaciones Veterinarias Del Perú*, 31(3). http://www.scielo.org.pe/scielo.php?pid=S1609-91172020000300029&script=sci_abstract



Vert C, Nieuwenhuijsen M, Gascon M, (2019) Health benefits of physical activity related to an urban riverside regeneration. *Int J Environ Res Public Health*. 2019; 16(3). doi: 10.3390/ijerph16030462, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6388232/>

Conflict of interests:

The authors declare not to have any interest conflicts.

Authors' contribution:

The authors have participated in the writing of the work and analysis of the documents



This work is licensed under a Creative Commons Attribution-NonCommercial 4.0 International license

Copyright (c) 2023 *Josué Carlos Rojas Krugger, Eliana Soledad Castañeda-Núñez, Jessica Micaela Ramos-Moreno, Marllury Ynés Melgarejo-Alcántara, Ramos-Moreno, Edison Williams, María Aurora Gonzales Vigo, María Isabel De los Santos Exebio, Jorge Luis Albarrán-Gi*

