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**Recreational Tourism in the World and Its
Perspectives in Uzbekistan**

Wisata Rekreasi di Dunia dan Perspektifnya di Uzbekistan

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Abstract

The aim of this article is to broaden the capacity of Uzbek Recreational Places with the example of Zaamin Sanatorium, providing suggestions to boost this place's competitiveness in recreation. The numerous forms of health tourism are gaining an enhanced presence in world tourism these days and this is also true of some countries' economic success. Health tourism with ongoing development over the past decade has seen a dynamic development, primarily in the area of wellness tourism at both national and international levels. Consequently, the advance of health tourism is given significant importance in developing countries. This form of tourism is considered one of the spheres of great importance to which the population pays attention. Health tourism encourages both the prevention of physical and emotional exhaustion and the treatment of many chronic illnesses. For this reason, for a more productive and healthy vacation, tourists go to resort areas, which are the main component of the medical health tourism. Medical tourism on a global scale is one of the most dynamically developing types of tourism. So, according to the forecast of the World Health Organization Conservation Agency (WHO), by 2022 tourism together with the healthcare sector will become one of the most priority areas for the development of national economies. In this article advantages of health and recreational tourism, the ways of providing this service in different countries, recreational facilities, infrastructure and resource of Uzbekistan are going to be represented. Besides that, some problems in local recreational tourism with the example of "Zaamin" Sanatorium in Jizzakh region of Uzbekistan based on the personal communication are going to be expended.

Introduction

There are many philosophical meanings of the term 'recreation.' On the one hand, it means the growing huge demand for sport and an active lifestyle due to the negative health effects of today's consumer society; this phenomenon focuses primarily on body and spirit refreshment, resulting in enhanced mental and physical efficiency and working ability [1]. Recreation, on the other hand, refers to exciting and enjoyable activities conducted in one's free time, based on the idea that these encounters and activities "recreate" the individual in the strict sense of the word, refreshing him to the degree that he can continue and carry out his daily duties. Recreational tourism is a health tourism branch that is characterized by the dominance of tourism services, i.e. those guests participate in service provider programs that offer recreational services that are essentially healthy and visit these places primarily to avoid health problems [2].

There are a variety of distinctive characteristics of recreational tourism. Firstly, the stay at the resort should be long, at least three weeks, regardless of the latter type and the disease. Only in this case does it have the desired healing effect. Secondly, healthcare is costly at resorts. While relatively cheap tours have recently begun to be established, this form of tourism is primarily designed for affluent clients who are increasingly oriented not towards a traditional range of medical services but towards an individual treatment program. Another aspect is that people in an older age group go to resorts when chronic conditions worsen or a deteriorating body is unable to cope with everyday stress at work and at home. Accordingly, these visitors switch between resorts specializing in the treatment of a particular disease and mixed-type resorts, which have a restorative impact on the body and help regain energy.

What is the current status of the sanatorium and tourist complex of Zaamin region, and what are its competitive positions in the tourist and recreational potential?

The aim of this article is to broaden the capacity of Uzbek Recreational Places with the example of Zaamin Sanatorium, providing suggestions to boost this place's competitiveness in recreation.

Resorts and their typology

A resort is a territory with natural healing factors and the necessary conditions for their use with therapeutic and prophylactic purposes. The resort is a place with valuable natural properties suitable for treatment with mineral waters, therapeutic mud or special climatic conditions (seas, lakes, mountain landscapes, forests, steppes, etc.). Types of resorts are:

1. Balneological – uses water as treatment;
2. Climatic – uses climate features as treatment;
3. Mud – uses mud as treatment;
4. Mixed – several natural healing factors are used at once [3].

4. The following requirements apply to resorts:

1. the presence of natural healing factors that ensure the normal functioning of the resort;
2. the necessary technical devices and buildings for the rational use of resort factors (pools, mud baths, beaches, etc.);
3. specially adapted premises for treatment and housing (sanatoriums, rest houses);
4. the presence of medical institutions providing medical care for patients and vacationers;
5. the availability of health facilities, sports facilities and playgrounds;
6. the presence of public institutions, public catering, trade and consumer services, cultural and educational institutions;
7. convenient entrances and means of communication;

Does Recreational tourism have a great future? Of course, the relevance of health tourism any countries is very high. Its development is promoted by the worsening health of the population, people are tired during the year, they go not just on vacation, but also on treatment.

Distinctive characteristics of recreational tourism

1. At medical resorts you need to stay for a long time, at least 3 weeks, then therapeutic effect will be achieved;
2. The high cost of rest - the problem of the development of health tourism, so as only wealthy travelers can afford it;
3. The geographical location of medical resorts should be in places where the environment is beautiful, nature is pleasing to the eye, there is no abundance of cars and noise, but there is a lot of vegetation;

- The age of tourists traveling to such resorts is over 40 years old, although recently it has noticeably decreased. Sanatoriums focused on the treatment of specific diseases are popular, as well as mixed types [4].

Europe is extremely rich for resort resources including France, Germany, Austria. Below are some examples of them:

Thermal and seaside resorts are provided in France; water and mud, thalassotherapy and even wine therapy are used there. The Thermes Marins Biarritz thalassotherapy center which offers several wellness and therapeutic programs is considered to be the number one resort in France and in Europe. Experts worldwide appreciate the curative properties of Vichy's famous mineral water resort. Mineral waters and thermal springs are deservingly common in Switzerland. Thus the Leukerbad resort's soothing waters brought more attention to this health resort than the ski slopes. In Germany there are fifty climate safety resorts. Baden-Baden resort is in greatest demand. There is the European most modern Caracalla-thermae thermal core and the hottest source Helkvelle ("Infernal source") with a water temperature of up to 69 ° C. Because of the original treatment combining thalassotherapy with thermal baths Friedrichsbad thermae is known. Recently a strong market for "therapeutic" Austria has grown.

The fact that there are a lot of thermal springs in the country is causing this in many respects. Speleotherapy is carried out in the resorts of Gastein, resort Baden near Vienna is popular for its urban thermae, Bad Ischl makes use of the beneficial properties of salt solutions. Thermal waters are amongst Italy's other national treasures. Located on the island of Ischia is the most popular Italian resort of world importance. People in the resorts don't drink mineral water, but use it for special baths, as well as mud [5].

Tourism Industry has been taken an important role in Uzbekistan due to not only cultural and historical heritage, but also great amount of natural resources such as mountains, springs, pure air, a lot of sunny days. Therefore, the quantity of tourists are increasing over years.

Distribution of the individuals entering the Republic of Uzbekistan for visit purposes in 2016

According to data from the State Customs Committee in 2016, 2.0% of the people who arrived in the Republic of Uzbekistan were visiting (150,6 thousand persons), was business trips, 2.0 percent (6.3 thousand persons) - study, 0.7 percent (53.1 thousand people) - work, 2.4 percent (175.7 thousand people) - tourism, 22.6 percent (1661.6 thousand people) - family visits, 0.4 percent (27.3 thousand people) - treatment, 0.2 percent (17.2 thousand persons)-commercial and 71.5 percent (5,255.3 thousand people) - a permanent place of residence (including citizens of Uzbekistan) [Figure 1](#).

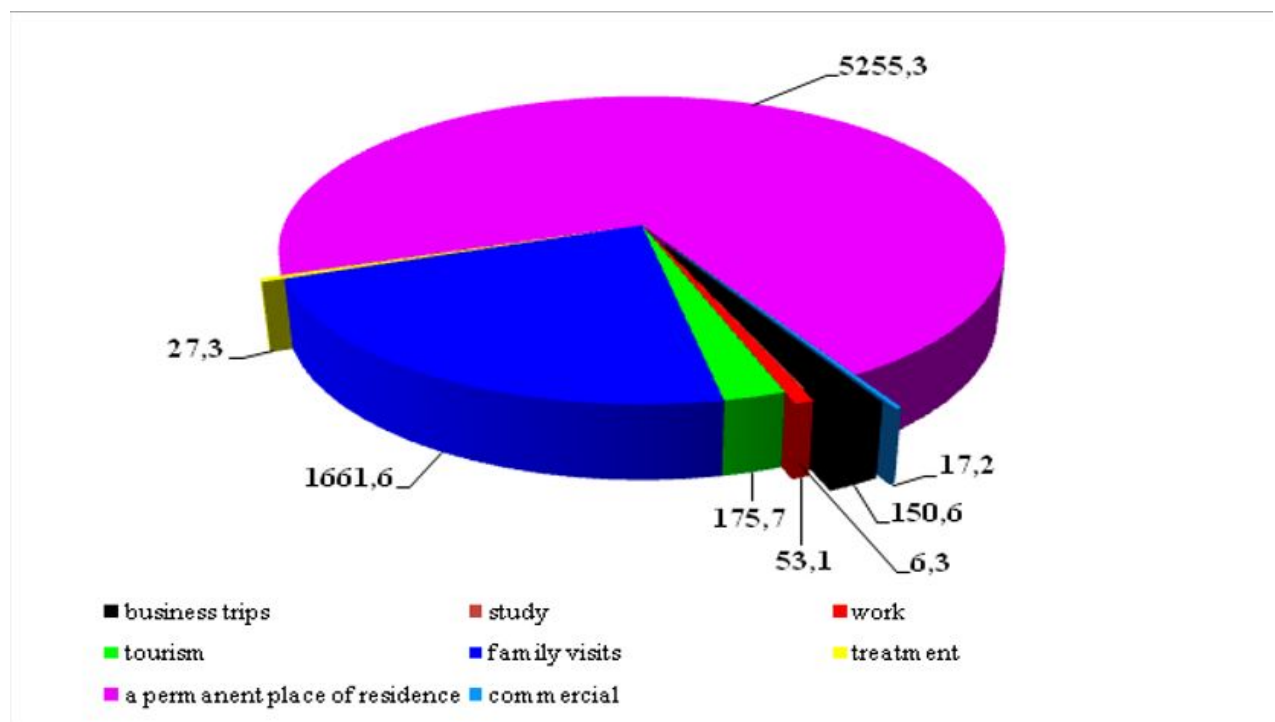


Figure 1. Distribution of the individuals entering the Republic of Uzbekistan for visit purposes in 2016

While the country has great health tourism potential, 0.4 per cent of people came to the country for medical purposes. Below we will examine what country's resources have, and what needs to be developed.

There are 16 sanatoriums in the system of Uzbekistan Trade Union Federation resorts management. It accepts about 3000 people to take treatment [6].

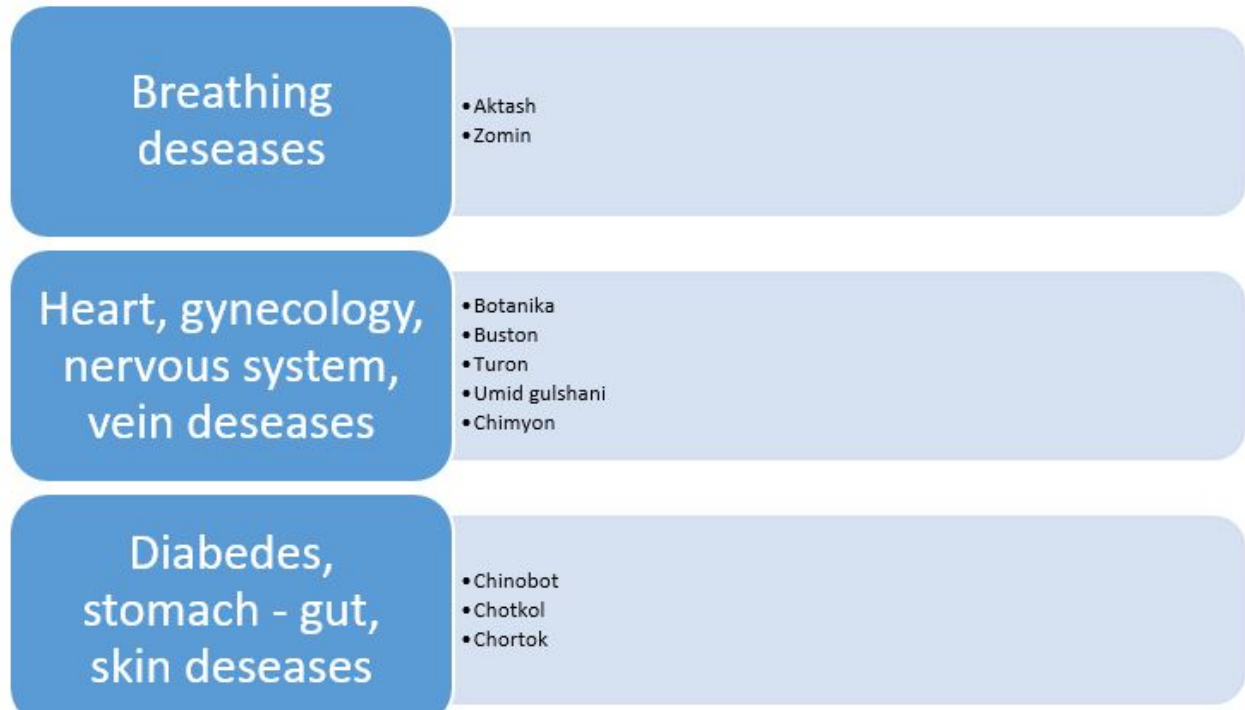


Figure 2. Uzbekistan Sanatoriums

For its alpine landscape and abundance of venerable conifers saturating the salutary mountain climate, Zaamin resort is called the "Uzbek Switzerland" Aktash is another famous climatic health resort with stunning wide-leaved forest landscapes. The Aktash and Ayubsay mountain rivers flow here, too. The well-known Chimyon health resort stands high up in the mountains not far from Fergana. Here the treatment is based on the hydrosulfuric springs and curative mud found here. In Uzbekistan's sanatoriums, respiratory tract sickness, neurological and cardiovascular disorders, gastrointestinal tract problems, and musculoskeletal apparatus are treated because of safe mountain air and natural springs [Figure 2](#).

Description of Uzbek sanatorium with example of Zaamin sanatorium

Zaamin-Jizzakh district of Uzbekistan with a population of about 153,500. Very popular place for food, pine trees and mountains among local people. Flora and fauna in the Zaamin district are among the richest in Uzbekistan. In the region, saxaul, jengil, camel thorns, panicles, wormwood and other plants of great value for astrakhan goats, camels and other animals are omnipresent. Apple, juniper, walnut, pistachio, almond, rosehip, barberry and other plants are found in wild form in the mountainous areas[7]. Camels, brown bears, wild boars, argali, gazelles, wolves, foxes, saigas, hares, badgers, various species of rodents, lizards and snakes, including vipers and boas, are widespread in the region. Repeated reports of the discovery of snow leopards in the south of the region are known. Of the birds, the most common are ducks, golden eagles, marshmallows, mountain grouse, eagles and kites. The largest network of tourist infrastructure in Uzbekistan is located in Zaamin district. Numerous summer and winter children's camps, climbers' bases, sports facilities, and sanatoriums are concentrated in the district. For example, the Zaamin sanatorium is one of the largest and most famous sanatorium and tourist centers in Central Asia. It is a climatic resort located in one of the most picturesque corners of the Zaamin district - on the northern slopes of the Turkestan ridge (at an altitude of 2000 meters above sea level), in the territories of the Zaamin state mountain-arch reserve and Zaamin national park



Figure 3. *Sanatorium Zaamin* Source: Sanatorium Zaamin, H. Pardoyev, retrieved, Newspaper People's word.

There are several health resorts, including "Azim Zaamin Shifo," "Zaamin" and others, 200 km from the town of Tashkent, in the Jizzakh region, among the Zaamin Mountain Ranges. To people who have come not only to relax, but also to fill their bodies with healing vitamins and minerals, the most desirable conditions are produced here. Around the sanatorium there is a wide variety of useful flora and fauna, whose aromas are saturated with this place [8]. Sanatorium "Zaamin" is equipped with modern medical and diagnostic equipment. The mountain climate itself has an important therapeutic effect: transparent, clean, moist, slightly discharged air, low barometric pressure, plenty of sun and intense ultraviolet solar radiation have a tonic and hardening effect and provide an ideal climate for patients and vacationers. The beautiful mountain landscape pleases the eye and has a calming effect on the nervous system. The sanatorium also accepts families with children aged 3 to 14 years [Figure 3](#).

Infrastructure:

1. club;
2. library;
3. bar;
4. playgrounds with attractions for children;
5. sports grounds.
6. Accommodation: In the dormitory building there are comfortable single and double rooms of the "Standard" and "Lux" class.

Meals: 3 times a day.

Treatment section: The favorable mountain climate and modern equipment make it possible to carry out climate-preventive and climate therapeutic procedures for adults and children with respiratory diseases in the Zaamin sanatorium. Rest and treatment in the sanatorium "Zaamin" are shown to people with:

1. disorders of the nervous system (functional);
2. chronic diseases of the lungs and heart;
3. respiratory diseases (not of tuberculosis etiology).

In the sanatorium "Zaamin" under the supervision of doctors, the following procedures are carried out:

1. hydrotherapy (artificial pearl, iodine-bromine, coniferous baths, showers, pool);
2. physiotherapy;
3. exercise therapy;
4. massage;
5. sauna;
6. halo camera for the treatment of patients with bronchial asthma.

According to personal communication of one of the Zaamin sanatorium executive, it can be definitely claimed that

with some initiative, recreational tourism in Uzbekistan has all of the recourse that stretches its border and advertises internationally. As she told, every year they have a little tourist from such countries like Germany and Japan. But they don't come to get treatment there, because mostly healing is based on medicine which local people take. They only want to breath really pure air, star watch, enjoy the nature, climb the mountains, take pleasure from untouched paths and eat unusual meals of local people like Qurtova (mashed liquid of dried kefir with boiled onion and melted butter on), Qozon Patir (big, thin bread which is made of milk and flour and cooked in Kazan with melted, pure salty butter), Gilmindi (thin bread with sweet cream from milk) and dairy products from mountain goat's milk which ate a lot of herbs there). They are really astonished looking at beauty of nature. She also mentions that, nowadays this pure nature has been being destroyed day after day. People doesn't pay enough attention on preserving the nature. They have 4 springs there but they are not separated from water local drinking water. There were 11 types of pine trees, however they are 6 now. Sometimes when people go to have a test there and don't follow the rules there is a fire. In summer time it's very difficult to move for forest workers there as they have to check everything there. They would like to have investment on eco friendly transports and some restoration or infrastructure of spa in the area of springs [9].

Conclusion

In accordance with the purpose of study and based on the body, Uzbekistan has enough resources to develop recreational and health tourism by supplying some investment and advertisement. We have a really good condition to expand thalassotherapy here using experience of world famous resorts.

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