

ANALYSIS OF RECREATION AREAS IN CITTASLOW CITIES: GERZE EXAMPLE

Saban Kargiglioglu^{1*}, Elif Zeynep Ozer², Ercan Karacar³,
Fatma Nur Arslan⁴, Fırat Bici⁴

^{1*}*Mugla Sıtkı Koçman University, Tourism Faculty, Türkiye;*

²*Biruni University, Faculty of Applied Sciences, Türkiye;*

³*Sinop University, Department of Recreation Management, Tourism Faculty, Türkiye;*

⁴*Mugla Sıtkı Koçman University, Datca Vocational School, Türkiye;*

*Corresponding Author Saban Kargiglioglu, e-mail: skargiglioglu@gmail.com;

Received May 2025; Accepted May 2025; Published July 2025;

DOI: <https://doi.org/10.31407/ijeess15.302>

ABSTRACT

Recreation includes events and activities that individuals participate in during their free time. These activities, which contribute to individuals to have a pleasant time, socialize and lead a healthy life, take place in recreation areas called open and closed. The facilities and conditions of these areas significantly affect people's recreation preferences. With this study, it is aimed to reveal what recreation areas Gerze, a Cittaslow city, has, its opportunities and current situation and whether it meets the needs of the local people. Within the scope of the research, the survey technique, which is one of the quantitative research methods, was used. Since it is difficult to reach the entire universe due to limitations in the research, sampling was used and in this context, the convenience sampling method, which is among the non-probability sampling methods, was used. Between 01-31 January 2025, the questionnaires made with 121 people were collected and 81 valid questionnaires were analyzed. According to the results of the research, the people of Gerze use recreation areas and the most prominent recreation areas are the sea, the beach, parks and picnic areas. While these areas are ranked positively in terms of visual aspects, plants, facilities and opportunities, and cleanliness, they stated that there are transportation, infrastructure and parking problems. While they generally described Gerze as calm, peaceful and cozy, they mentioned infrastructure problems and unemployment as negative factors.

Keywords: Cittaslow, Recreation, Recreation Areas, Gerze.

INTRODUCTION

Since the first day of humanity's existence in the world, there have been instincts of not working and being lazy as well as working and being busy with a job. With the gradual increase in humanity and changing living conditions, working principles are constantly changing. Especially not working and being lazy has been criticized by some people (Lafargue, 2009). However, after some events, there are constant changes in the world. With the industrial revolution, the working hours of human beings have changed and the free time of humanity has increased. In this process, the concepts of having fun and play, which have become the needs of people, have become more important

(Veal, 2004). With the advances in social, cultural, technological and economic life, recreational activities have come to the fore. These activities that people do in their free time have led to the emergence of the concept of recreation over time.

Leisure time evaluation is an important element that improves the quality of life of individuals and strengthens their coping mechanisms with stress. The search for escape from the intensity and chaos of city life leads individuals to spend time in natural, cultural or artificial environments. In this context, recreation has become a necessary requirement for both mental and physical renewal of individuals. Population growth, industrialization and urbanization processes weaken people's ties with nature, which increases the demand for recreation areas. Individuals seek to protect both their mental and physical health by getting away from stressful city life. When this situation is combined with the desire to discover new places, recreation areas become very important for individuals. Recreation areas are known to have a critical role in reducing the negative effects of urbanization and metropolises. Recreation areas allow people to come together and engage in various activities, and places such as parks, gardens and sports fields increase social interaction and contribute to strengthening the social fabric of the city. In addition, the cultural life of the city is enriched thanks to the areas where cultural events are organized. Recreational areas are one of the indispensable elements of modern cities and are of great importance for a city with historical and natural beauties like Sinop. The increase in green areas contributes to the improvement of air quality and ecological balance, as well as reducing noise pollution and enabling city dwellers to live in a more peaceful environment. Recreation areas in Sinop play an important role in increasing the tourism potential of Sinop. The city, famous for its natural beauty, offers an attractive environment for visitors, attracts tourists and contributes to the city's economy. The development of these areas increases the livability of the city, helps to reduce environmental pollution and improves the overall quality of life of the city, while providing positive social, cultural and economic impacts.

Literature Review

Research and definitions on tourism do not have a history that goes back as far as individuals traveling. In the late nineteenth century, studies were conducted to explain and define the concept of tourism (Kozak et al., 2001). The concept of tourism has more than one meaning and aspect. Guyer Feuler defined the first definition of this concept in 1905 as follows; It is a process integrated with the modern age that emerged as a result of the increasing need for rest in individuals, the development of industry and trade, the perfection of transportation and the belief that nature brings hope and happiness to individuals (Kozak et al., 2001). Looking at the literature, there have been many definitions of tourism over the years. The biggest reason for this situation is that scientists who have worked in the field of tourism have handled, analyzed and perceived this field from different aspects. The first definitions were based on economic dimensions and later, with the emergence of social dimensions, different definitions were made (Tunç and Saç, 1998).

When another definition is considered, it is expressed as an integrity in which individuals can benefit from the opportunities provided by tourism-oriented enterprises by leaving the places where they live for a short period of time for fun, rest and special needs and interests without the aim of making a financial gain (Gökçe, 2016). The fact that it has more than one aspect as a service sector and that it develops rapidly around the world prevents a common definition for the concept of tourism due to the fact that researchers working on tourism have different tendencies and differences in their areas of interest (Toskay, 1983). In the Turkish literature, tourism is defined as the travel of individuals to other areas other than the areas where they reside to spend their free time, to rest, to have fun or to travel for other factors such as work, which they have done for more than one year (<https://www.ktb.gov.tr/TR-96268/turizm.html>). In another definition, this concept is the activities of people who move from one area to another for business, tourism or vacation purposes (Bayer, 1992). In order for tourism activities to be realized, it is necessary to come back to the location where they have lived, taking into account the condition of not being in the current location continuously. This concept shows that the expressions “tour” and “touring” derived from the word “Tornus” also originated at this point (Usta, 2014).

It can also be expressed as the whole of the events arising from the accommodations associated with the concept of travel as a result of the travels that people make outside the areas where they live permanently, without the aim of making any financial gain and which should be longer than one day (Usta, 2014). The definition made by the Association of Experts in Tourism (AİEST) for tourism has been among the most common definitions. In the definition; it is interpreted as the whole of the activities that people carry out at the end of their travels without any material gain and without the condition of bringing continuity to a place (Tunç & Saç, 1998).

People have many basic needs. Individuals may face unlikely problems when they cannot meet their needs. There are many types of needs. If individuals have goals that require success during the education period, it can be given as an example that similar needs are considered as obligations that must be done for the society. Together with

contemporary life, these needs have led to an increase in the importance of the field of recreation (Gulam, 2016). Looking at the origin of the concept of recreation, it was seen that this word has the meaning of the verb or process of recreation in French. It is known that revitalization, repair and renewal are the meanings of recreation in Latin (Hurd, et al., 2021). Today, the fact that there is a tiring, intense, ordinary life order that increases with cultural, economic and social opportunities brings individuals face to face with spiritual and physical pressures. Individuals who prefer to get away from this process, rest and have fun have increased and diversified their leisure activities due to the changed art factor. The concept of recreation, on the other hand, emerges as a result of recreational and resting activities carried out with the aim of renewing themselves in a spiritual and physical way by getting rid of the brisk business life (Karadağ, 2002).

Individuals wanted to spend their free time, which is left over from the obligatory situations in daily life, according to their own wishes and tastes and to spend it with actions that can add meaning to their lives. The concept of recreation is the simplest form of these activities. Since this concept varies in people's wishes and desires, it has been defined in different ways by researchers as it varies in the wishes and desires of individuals (Karaküçük, 2014). Recreation is known as the time that individuals move away from the activities that they have to do during the day and evaluate within the spaces and equipment despite their desire to have fun and rest. If it is necessary to give an example about this situation; it is seen that people have the opportunity to both rest and do a physical activity in the period when people perform activities in a whole with nature (Doğaner, 2017). Recreation has become a series of social, physical, spiritual and mental activities that can be done actively and passively, which can be done only in leisure time, have a goal according to the person, are linked to the satisfaction of the person and voluntariness, cannot be transferred to another person, revitalize the soul of the individual, give happiness (Güngörmüş, 2007). In the Turkish Language Association, the concept of recreation is defined as activities defined as entertainment and sports goals that individuals voluntarily participate in during leisure time, and when looking at the national and international literature, it is an activity carried out in leisure time (Öztürk & Aydoğdu, 2012). It is a social activity in which people voluntarily participate in activities that are fun and meaningful, and provide personal restructuring, as well as providing social value increase in people (Cordes, 2013; Brey & Lehto, 2007; Torkildsen, 2012). This concept includes activities that can be done at home, such as reading books and watching television, as well as a wide range of activities in indoor or outdoor spaces, such as going for a walk in natural places, going to parks, going to the cinema or theater, and going to sports (Tribe, 2020).

It is the participation of people in activities in the city and in rural areas within the urban or rural areas with many purposes such as being able to have different lifestyles such as being able to get away, rest, leave the environment, change the weather, see different places, have a healthy life, activate different emotional states such as spending time together, in or out of the household, indoor or outdoor, indoor or outdoor, active or passive (Karaküçük, 2005). Recreation, which has become increasingly important in countries in parallel with their level of development in their social lives, is expressed under the same name or with leisure time components such as art, cultural activities in entertainment, sports and physical education, hunting, fishing, dancing (Zorba, 2008). In addition, today, it is also becoming an experience that allows individuals to discover the cultural richness of destinations through food and beverages (Türker & Akmanoğlu, 2022).

It is seen that recreational activities have an importance for people to be satisfied and happy in their lives (Ayhan, 2017). Dirlık and Köroğlu (2021) state that for those who can apply recreation activities, they can be applied in various fields because they have a positive effect on their lives in general. People are free to spend their time with the activity of their choice, since it is voluntary in terms of evaluating their free time. For this reason, it should not be thought that everyone should do similar things in the field of recreation. It is possible to see that recreational activities vary from region to another region, from person to another person and from country to country. While a recreational activity can be adopted by one group or society, it can also be observed that it is not adopted by another group or society. These situations that have shown differences have also been the same for individuals (Yazıcı, 1998).

Recreational activities play an important role in helping individuals living in cities regain their mental and physical health that has deteriorated over time. Recreational activities provide benefits such as mental balance, meeting psychological needs, physical well-being and re-establishing harmony with the environment. In addition, such activities make important contributions to the socialization of individuals by bringing them together with new people and communities (Sevil, 2012; Torkildsen, 2005).

There are studies on individuals who use recreation areas continuously. Gümüş et al. (2017) investigated whether the participation in activities differs according to the demographic characteristics of people who use parks and recreation areas for recreation. As a result of the research, it was determined that the factors preventing the participants from participating in physical activities in recreation areas differed according to factors such as gender,

smoking and educational status. Koçyiğit and Yıldız (2015) examined the existing recreation areas created by Konya Metropolitan Municipality. In the study, it was determined that recreation areas in Konya contribute positively to people's social and sports activities. However, studies to increase recreation areas were emphasized. Özdemir (2014) investigated the recreational opportunities offered in Borçka Karagöl Nature Park and the desires of individuals. It was concluded that when the areas are planned with a cultural, ecological and natural perspective, they will meet the recreational needs of people. It is seen that the studies in the field of recreation are generally conducted on students, and the studies are not conducted on recreation areas. In addition, it was determined that local people were ignored in the studies conducted in this field. In this respect, the opinions of local people are important in the evaluation of recreation areas.

Cittaslow and Gerze

Today, the rapid increase in human population brings with it various socio-economic and environmental problems (Kırmacı & Akmanoğlu, 2021). In response to this, the Cittaslow movement, which is considered as an option for improvement, first became widespread in the city of Italy and today it is a movement that has 236 cities in 30 countries. As of 2018, 15 cities in Turkey have been awarded the title of Cittaslow. This movement was established in Italy in 1999 with international municipalities. When we look at the meaning of the symbol; it is the definition of calmness by an orange snail carrying a province on its shell (Cittaslow, 2018). Cittaslow is translated as “citta” city in Italian and “slow” slow in English, and these concepts came together to form the meaning of 'Calm City'. The Cittaslow movement is an association of towns and cities that do not want to show any similarities as a result of globalization, want to keep their own identities and characteristics under protection and want to make a difference around the world (Cittaslow, 2025).

A calm city is a network of international cities where individuals can interact together, live a social life, be self-sufficient and support a sustainable life; there are no problems in the infrastructure, value nature and traditions, and benefit from technological opportunities (Cittaslowturkiye, 2025).

Gerze, a district of Sinop Province, has given people the opportunity to rest by offering the opportunity to be intertwined with nature with its sea, bays and green areas. Gerze was awarded the title of cittaslow in 2017. The success of this district in obtaining the title of cittaslow is due to the fact that it protects nature, has its own handicrafts, has local dishes and the people are hospitable. In the history of Gerze, it has been the shelter and settlement of the people from ancient times until this period. With the domination of the Paflagonian state, it has been under the rule of more than one state such as Hittite, Cimmerian, Phrygian, Lydia. It was connected to the Ottoman Empire in 1459 by Fatih Sultan Mehmet in 1459 and in 1920, it was seen that Gerze was made a district. Gerze province has come nose to nose with multiple fire disasters. The most famous fire in these disasters is the fire disaster that took place on February 13, 1956. In this disaster, 21 people lost their lives, 300 shops and 830 houses were completely burned. Gerze district is a quiet fishing town. It is known that there are sales points in the district where the villagers offer the agricultural products they produce naturally to the guests in the market established by the villagers on Fridays, toys made of wood, ship models, peskin and tile workshops (Düzenli, 2018).

In Gerze, it was seen that there are children's playgrounds, tea gardens, local sales units, local exhibition areas, boat slips, picnic areas, and it was concluded that the pier is the most preferred and busy places in summer periods. Open spaces such as the beach are suitable for use by all age groups. As children, young people and adults can use these places, the frequency of use of these areas has also been at a high level. It is noteworthy that sculptures, garbage bins, sports equipment, playground equipment, sensational objects and flower beds are highly preferred in open spaces in Gerze. When we look at the restaurant areas of Gerze, there are some local dishes. Meat dough, salted fish, mamelika, tirit, nokul, boronaşı are served (Düzenli, 2018). As a matter of fact, people need to be fed in order to maintain their physiological functions and to ensure homeostasis (Solunoğlu & Akmanoğlu, 2024).

MATERIAL AND METHOD

Recreation includes activities and events where people voluntarily spend their free time. These activities and events contribute to the individual to be healthier, socialize and have a good time. The areas where activities and events are held are called recreation areas. The facilities and conditions of these areas significantly affect people's recreation preferences. With this study, it is aimed to reveal what recreation areas Gerze, a Cittaslow city, has, its opportunities and current situation and whether it responds to the needs of the local people.

Within the scope of the research, a questionnaire, which is one of the quantitative approaches, was used. The questionnaire consists of two parts. In the first part of the questionnaire, there are 6 questions about the socio-demographic characteristics specific to the participants, and in the second part, there are statements consisting of 15 items about the Cittaslow city of Gerze and Gerze's recreation areas. The population of the study consists of local people living in Gerze, the Cittaslow city in Sinop province. Since it is difficult to reach the entire population due to limitations (cost, time, etc.), sampling was used. In this context, convenience sampling method, which is among the non-probability sampling methods, was used. According to the Turkish Statistical Institute (TUIK) 2024 data; 29,534 people, who are the target group of the research, live in Gerze district. While calculating the sample, the number of population was taken into account and the sample number was determined as 381. Due to the fact that people did not leave their homes due to the winter season and the number of people living in the district decreased, only 121 participants were interviewed between January 01-31, 2025. As a result of the evaluations made (excluding incomplete, misrepresentation, etc.), the number of valid questionnaires was 81. The data obtained were subjected to analysis and findings were obtained.

RESULTS AND DISCUSSION

Table 1. Demographic characteristics.

Demographic characteristics		(n)	(%)
Gender	Woman	36	44,44
	Male	45	55,56
Marital Status	Single	38	46,90
	Married	43	53,10
Age	18 and below	10	12,34
	Between 18-30 Years	36	44,44
	Between 31-45 Years	23	28,38
	Between 46-60 Years	9	11,11
	61 Years and Over	3	3,71
Education status	Primary-Secondary School	18	22,21
	High School	35	43,20
	Associate Degree	14	17,27
	License	9	11,11
	Postgraduate	5	6,21
Your income	No income	13	16,06
	0-25.000 TL	32	39,50
	25.001-50.000 TL	20	24,68
	50.001-75.000 TL	12	14,80
	75.001 and above	4	4,96
Profession	Officer	12	14,80
	Self-employment	25	30,85
	Tradesmen	16	19,75
	Retired	6	7,40
	Student	8	9,90
	Housewife	8	9,90
	Other	6	7,40
Total		81	%100

When the demographic information of the participants is analyzed, the rate of female participants is 55.56% while the rate of male participants is 44.44%. In terms of marital status, 53.10% of the participants were married while 46.90% were single. In terms of the age of the participants, it is seen that most of the participants (44.44%) are between the ages of 18-30, while there are only 3 participants (3.71%) aged 61 and over. In general, when the data related to age are analyzed, the majority of the participants (72.82%) in the middle age group (between 18-45 years) come to the fore. In terms of educational attainment, high school graduates (43.20%) ranked first, primary and secondary school graduates (22.21%) ranked second and associate degree graduates (17.27%) ranked third. The number of bachelor's and postgraduate graduates (17.32%) is 14. When the income status of the participants was analyzed, it was determined that there were 13 people (16.06%) who stated that they had no income. Apart from these, 32 participants (39.50%) stated that their income was between 0-25,0000 TL, while 20 participants (24.68%)

stated that their income was between 25,001-50,000 TL. The number of respondents with an income of 75,001 TL and above is 4. According to the answers given by those who declared an income below 25,000 TL, it is understood that they are minimum wage workers and pensioners. Considering the professions of the participants, self-employment ranked first with 25 participants (30.85%), followed by 16 participants (19.75%) tradesmen, 12 participants (14.80%) civil servants, 8 participants (9.90%) students and housewives, 6 participants (7.40%) retired and other professions. According to the answers given by other participants, it is seen that they are coaches, cooks, military personnel, lifeguards, ship captains and veterinarians.

Table 2. Statements about Gerze and its Facilities.

Statements		(n)	(%)
How long have you lived here?	1-5 years	8	9,90
	6-10 years	12	14,80
	11-20 years	21	25,91
	21-30 years	10	12,34
	31-40 years	8	9,90
	41-50 years	15	18,51
	51 years and over	7	8,64
Why do you live in Gerze?	Gerzeliyim	54	66,64
	Because I Like the City	13	16,06
	Work Requirement	10	12,34
	Being a Calm (Cittaslow) City	4	4,96
	Other	-	-
What are the most prominent features after becoming a Cittaslow (calm city)?	Agriculture	5	6,21
	Tourism	72	88,85
	Industry	10	12,34
	Trade	52	64,16
	Culture	15	18,51
	Infrastructure	1	1,23
	Housing/Construction	25	30,85
	Other	-	-
What are the negative features of the city?	Transportation-Traffic	45	55,56
	Infrastructure	49	60,50
	Unemployment	42	51,80
	Security	-	-
	Lack of Green Space	2	2,46
	Pollution Increase	-	-
	Overbuilding	28	34,55
	Other	-	-
Which recreational areas do you use very often?	Parks/Gardens	17	21,98
	Picnic / Recreation Areas	19	23,45
	Coast/Sea	42	51,80
	Playgrounds	2	2,46
	Food/Beverage Areas	8	9,90
	Entertainment Areas	16	19,75
	Cinema/Theater Areas	-	-
	Sports Fields	3	3,71
	Forest/Green Areas	10	12,34
	Living Spaces	6	7,40
	Other	4	4,96

When the answers given by the participants to the question “How long have you been living here?” are analyzed, it is seen that the highest rate is in the range of 11-20 years with 25.91%, while the second is 41-50 years with 18.51%. In general, it is also seen that there is a long-term living situation. Regarding the question “Why do you live in Gerze?”, most of the respondents (66.64%) stated that they live in Gerze because they are Gerze residents, while the rate of those who live in Gerze because they like the city is 16.06%. After becoming a Cittaslow (calm city), 88.85% of the participants stated that tourism, 64.16% trade and 30.85% housing (construction) activities came to the fore. The participants state that the negative features of the city are transportation (55.56%), infrastructure (60.50%), unemployment (51.80%) and overbuilding (34.55%). When asked about the recreational areas they use the most in Gerze, most of the participants (51,80%) stated the beach/sea, followed by picnic/recreation areas (23,45%) and parks/gardens (21,98%).

Table 3. Statements on Recreational Areas.

Statements		(n)	(%)
Recreation/recreative areas are sufficient.	Yes	30	37,02
	No	51	62,98
Visual design of the area is sufficient.	Yes	59	72,80
	No	22	27,20
Vegetation is sufficient.	Yes	65	80,25
	No	16	19,75
Parking lot is sufficient.	Yes	34	41,95
	No	47	58,05
There are sufficient seating areas.	Yes	63	77,79
	No	18	22,21
There are enough garbage bins in the area.	Yes	67	82,73
	No	14	17,27
Cleaning and maintenance of the areas are carried out regularly.	Yes	63	77,79
	No	18	22,21
Lighting is sufficient.	Yes	53	65,45
	No	28	34,55
Total		81	%100

When the table of the answers given to the questions about recreational areas is examined, it is understood that recreational areas in Gerze are not sufficient. While 62.98% of the participants found the recreational areas insufficient, 37.02% stated that they found the recreational areas sufficient. While most of the participants (72.80%) found the visual design of recreational areas sufficient, 27.20% stated that they found it insufficient. Regarding the question “Is the visual appearance sufficient in terms of vegetation”, most of the participants (80.25%) answered that it is sufficient. When we asked whether the parking lots of the district were sufficient, 58.05% of the participants said that they found them sufficient, while 41.95% said that they were insufficient. When asked about the current situation of the seating areas in the district, 77.79% of the respondents said that there are sufficient seating areas, while 22.21% stated that they are not sufficient. Regarding the question “Are there enough trash bins in the area?”, 82.73% of the participants said that there were enough and 17.27% said that there were not enough. 77.79% of the participants stated that the cleaning and maintenance of the areas are done regularly, while 65.45% said that the lighting is sufficient.



Figure 1. Word Cloud Regarding Gerze's Prominent Recreational Areas

When the answers given by the participants to the question “List the prominent recreational areas in Gerze” are analyzed, the sea, coast, parks and picnic areas come first. Apart from these, the recreational areas mentioned by the participants are gardens, forests, entertainment areas, harbor, cafes, food and beverage venues, playgrounds, village, sports fields, seating areas and walking paths.



Figure 2. Word Cloud for the Gerze Phrase

When asked to write down three things that come to mind when you think of Gerze, the participants mostly mentioned quiet, calm, cute, unemployment and fire houses. In addition to these, they gave the answers of beautiful, sea, infrastructure problem, clean, management problem, coast, white whale, water shortage, transportation, lack of education and concretion.

CONCLUSION

- Gerze district, located in the Western Black Sea part of the Black Sea Region, is a Cittaslow city of Sinop province. It is an important destination with its natural beauties, sea coasts and other values. While this destination was developing in terms of tourism, it received the title of calm city (Cittaslow) in 2017. Before this date, new initiatives emerged in the district, which could not reach a sufficient level in terms of economic, commercial and infrastructure. Economic initiatives such as tourism, agriculture, vegetable and fruit growing, animal husbandry, fishing, beekeeping and forestry have increased in the district. With the increasing population, especially in the summer months, problems such as infrastructure, environment and water started to arise in the district. Rapidly increasing concretization and construction has contributed economically to the people of the district, but has disrupted peace and tranquility. However, it is known that it has also led to the emergence of new spaces, businesses, areas, parks, gardens, recreation areas. Within the scope of this research, the current situation of the existing recreation areas in the district, the adequacy of the areas and the problem were tried to be determined.
- When the research results are analyzed, it is seen that more than half of the respondents are women. It is noteworthy that the district has a young population and the number of elderly people is lower than the center of Sinop. The fact that the research was conducted especially in the winter months and the elderly population living in the district left the district revealed this result. When the educational status of the participants is analyzed, it is seen that the number of high school graduates is high, while the number of those who say that they have no income and those who say that they live on minimum wage is high. This is accepted as an indicator of the economic hardship experienced in the district. This result is similar to previous studies. Among the occupational status of the participants, self-employment ranked first, followed by tradesmen, civil servants, students, housewives and retired people. In previous studies on the district, the result that unemployment is high in terms of economy and generally decreases in the summer months coincides with our study.
- It was concluded that most of the participants have been living in this district for a long time, and some participants were born and raised here. Apart from this, there are some who said that they came to the district because they liked the city and for business purposes. They stated that tourism activities, trade and the construction sector in the district have increased significantly after the Cittaslow movement. This is in line with the results of studies conducted in Cittaslow cities. Among the negative features of the city, transportation, infrastructure, unemployment and excessive construction are listed. This can be accepted as an indicator that the district is insufficient at this point. It was concluded that the current situation of recreation areas is insufficient. They stated that they mostly prefer the beach, the sea, picnic and recreation areas, parks and gardens among the available areas. The people of the district are satisfied and sufficient in terms of visual aspects, plants, facilities and opportunities, cleaning and maintenance of the existing areas. The inadequacy of parking lots has been identified by the people of the district.
- The most prominent recreational areas in the district are the sea, the beach, parks and picnic areas. Other recreational areas they use include forests, gardens, entertainment areas, sports fields, harbor, cafes, food and beverage venues, walking and sitting areas. From this point of view, the people of the district actively use recreation areas. While they generally describe Gerze as calm, peaceful and cozy, they mentioned infrastructure problems and unemployment as negative factors. Since the people living in the district use the recreation areas very actively, it is recommended that the number of these areas should be increased and that they should be regularly maintained, cleaned and secured. In addition, it has become essential to solve the problems of overbuilding and infrastructure. The unemployment rate in the district, which will become more attractive to businesses and investors, is likely to decrease. With the increase in transportation facilities and the development of accommodation facilities, tourists who will come to the district will contribute to the district economically and will enable the development of the district. Thanks to the new

recreation areas and facilities to be created, the satisfaction of both the people of the district and the tourists who will come here will increase and sustainable tourism activities will be provided. It is recommended that this study be repeated on different dates and in different locations, including more inheritors. In addition, it is important to take into account the studies to be carried out in terms of both the development of destinations and the satisfaction of people.

REFERENCES

1. Ayhan, C. (2017). Aktif sporcuların rekreatif etkinliklere katılımlarına engel oluşturabilecek faktörlerin yaşam tatmini ve yaşam kalitesi üzerine etkisi. Yüksek Lisans Tezi, Sakarya Üniversitesi, Eğitim Bilimleri Enstitüsü, Sakarya;
2. Bayer, M. Z. (1992). Turizme giriş, İşletme Fakültesi Yayınları. İstanbul;
3. Brey, E. T., & Lehto, X. Y. (2007). The relationship between daily and vacation activities. *Annals of Tourism Research*, 34(1), 160-180;
4. CittaslowTürkiye, (2025). <http://cittaslowturkiye.org/> Erişim Tarihi: 20.01.2025;
5. Cittaslow, (2025). <https://www.cittaslow.org/> Erişim Tarihi: 20.01.2025;
6. Cordes, K. A. (2013). Applications in recreation & leisure: for today and the future (4th ed.). Sagamore Publishing. Urbana, IL;
7. Dirlik, R. & Köroğlu, Özlem. (2021). Açık Alan Rekreasyon Faaliyetlerinin Yaşam Doyumuna Etkisi. *Journal of Recreation and Tourism Research*, 8(1), 48-72;
8. Doğaner, S. (2017). Serbest zaman ve fiziksel aktivite ilişkisi. O. Özbek ve F. Koçak (Editörler), Sporun yönetsel ve sosyal boyutları (s. 211-264) içinde, Gazi Kitabevi. Ankara;
9. Düzenli, T. (2018). Çevreyle bütünleşen- sürdürülebilir "cittaslow" hareketi: Gerze örneği. *Social Mentality And Researcher Thinkers Journal*. 4 (11). 307-314;
10. Gökçe, F. (2016). Yerli halkın turizmin gelişimine Afyon Kocatepe Üniversitesi yönelik algısı ve desteği: Afyonkarahisar örneği. Afyon Kocatepe Üniversitesi Sosyal Bilimler Enstitüsü, Turizm İşletmeciliği Ana Bilim Dalı, Yüksek Lisans Tezi, Afyonkarahisar;
11. Gulam, A. (2016). Recreation- Need and importance in modern society. *International Journal of Physiology, Nutrition and Physical Education*, 1(2), 157-160;
12. Güngörmüş, H. A. (2007). Özel sağlık-spor merkezlerinden hizmet alan bireyleri rekreasyonel egzersize güdüleyen faktörler. Doktora Tezi. Gazi Üniversitesi Sağlık Bilimleri Enstitüsü, Ankara;
13. Gümüş, H, Alay, Ö. S. & Karakılıç, M. (2017). Fiziksel aktivite için park ve rekreasyon alanlarına gelen kullanıcıların mekân seçimini ve fiziksel aktiviteye katılımını etkileyen faktörler, *Sportmetre Beden Eğitimi ve Spor Bilimleri Dergisi*, 15(1), 31-38;
14. Hurd, A., Anderson, M. D. & Mainieri, T. (2021). Kraus' recreation and leisure in modern society. Jones & Bartlett Learning, ABD;
15. Karadağ A. (2002). Eğirdir ilçesinin rekreasyon kaynaklarının belirlenmesi ve değerlendirilmesi, Yüksek Lisans Tezi, AÜ Fen Bilimleri Enstitüsü, Ankara;
16. Karaküçük S. (2005). Rekreasyon, boş zamanları değerlendirme, Gazi Yayınevi, Beşinci Baskı, Ankara;
17. Karaküçük, S. (2014). Rekreasyon: boş zamanları değerlendirme (Genişletilmiş yedinci baskı). Ankara: Gazi Kitabevi;
18. Kırmacı, H. A. & Akmanoğlu, E. (2021). Hücresel Tarım ve Hücre Bazlı Gıdaların Kullanımı. *Unika Sağlık Bilimleri Dergisi*, 1(3), 190-200;
19. Koçyiğit, M. & Yıldız, M. (2015). Yerel yönetimlerde rekreasyon uygulamaları: Konya örneği, *International Journal of SportCulture and Science*, 2(2), 211-223;
20. Kozak, N., Akoğlan Kozak, M. & Kozak M. (2001). Genel turizm: ilkeler-kavramlar. Detay Yayıncılık. Ankara;
21. Kültür ve Turizm Bakanlığı (2020). <https://www.ktb.gov.tr/TR-96268/turizm.html>. Erişim Tarihi: 20.01.2025
22. Lafargue, P. (2009). Tembellik hakkı, Alter yayınları. Ankara;
23. Özdemir, M. (2014). Korunan alanların rekreasyonel kullanımı ve yerel halkın farkındalığı: Borçka Karagöl tabiat parkı örneği, *Ulusal Akdeniz Orman ve Çevre Sempozyumu*, 22-24;

24. Öztürk, S. & Aydoğdu, A. (2012). Ilgaz Dağı Milli Parkı'nın rekreasyonel olanakları. I. Rekreasyon araştırmaları kongresi bildiri kitabı, Kemer, Antalya, Türkiye;
25. Sevil, T. (2012). Boş zaman ve rekreasyon: kavram ve özellikler, Kocaekşi, S., (Ed), Boş Zaman ve Rekreasyon Yönetimi, Anadolu Üniversitesi Web-Ofset, Eskişehir;
26. Solunoğlu, A. & Akmanoğlu, E. (2024). Gastronomi ve mutfak sanatlarına giriş. In E. Örgün (Ed.), Gıda muhafaza yöntemleri (ss. 223-236). Nobel Akademi;
27. Torkildsen, G. (2005). Leisure and recreation management. Routledge Taylor & Francis Group, London and New York;
28. Torkildsen, G. (2012). Leisure and recreation management. Routledge. Taylor & Francis Group, London and New York;
29. Toskay, T. (1983). Turizm: turizm olayına genel yaklaşım. Der Yayınları, 3. Basım, İstanbul;
30. Tribe, J. (2020). The economics of recreation, leisure and tourism (6th ed.). London: Routledge;
31. Tunç A. & Saç F. (1998). Genel turizm: gelişimi geleceği. Detay Yayıncılık. Ankara;
32. Türker, N. & Akmanoğlu, E. (2022). Yeni Yiyecek Fobisi ve Gastronomi Turizminin Gelişmesine Etkisi: Kalitatif Bir Çalışma. Gastroia: Journal of Gastronomy And Travel Research, 6(1), 177-198;
33. Usta, Ö. (2014). Turizm genel ve yapısal yaklaşım. Detay Yayıncılık. Ankara;
34. Veal, A.J. (2004). Definitions of leisure and recreation. Australian Journal of Leisure and Recreation, 2,(4), 44-52;
35. Yazıcı, M. (1998). Üniversite öğrencilerinin boş zamanlarını değerlendirme anlayış ve alışkanlıkları üzerine karşılaştırmalı bir araştırma, Marmara Üniversitesi Sağlık Bilimleri Enstitüsü, Basılmamış Yüksek Lisans Tezi, İstanbul;
36. Zorba, E. (2008). Türkiye'de rekreasyona bakış açısı ve gelişimi. Gazi Haber Dergisi, 52-55;