

IMPORTANCE OF RECREATION TOURISM DEVELOPMENT IN THE DEVELOPMENT OF THE COUNTRY

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Abstract: In this article, the classification of collective activities of recreation has not yet been carried out in scientific research. Many scientists, especially geographers, describe recreation as a short rest in the bosom of unique nature, etc.

Keywords: ecological tourism, region, demography, nature, tourist, man factor, ecological knowledge of international and domestic tourism.

In the 70s of the last century, the geographers of our country carried out many scientific studies on the recreational evaluation of the territories of our republic and their use in recreation. These studies are mainly devoted to the creation of short-term vacation and recreation destinations in the mountain and sub-mountain regions of Uzbekistan. From this point of view, we understand recreation only as a short-term rest in the quiet corners of nature.

Currently, it is becoming a leading direction in social and economic tourism of recreation. Because, in the process of globalization, human mental and physical recreation is the basis of tourism. Knowing only the essence of recreation, we can determine the main directions, sources, objects of the population's recreation, how has the mental and physical recreation of the population of our republic been implemented so far, what objects have the population chosen and are choosing for mental and physical recreation?

From this point of view, it is required to study the boundaries and classifications of recreation. Until now, no broadly produced and recognized classification of recreational activities has been created. According to the results of recent studies, the general activity of recreation can be divided into 3 groups:

1. **Medical and biological activities of recreation** - treatment and restoration of health in a health resort. Health restoration through tourism is the release and physical recovery of mental and physical fatigue of a person caused by productive and non-productive activities.
2. **Social and cultural activity of recreation** is the leading activity of recreation. The cultural and spiritual need is to restore the forces that strengthen a person's enjoyment of life, understanding of the world in their own space.
3. **The economic activity of recreation** is the restoration of labor power in the simplest and broadest sense. Recreation preserves and preserves the necessary collective strength, the strength restored during rest certainly ensures the continuity of production ¹.

When we determine the importance of recreation tourism in the socio-economic life of the country according to the mentioned classification, we are required to expand the description and definition of the objects of mental and physical recreation of the population.

¹ Nikolaenko D.V. Vidy i evolyuts i kreationsnoy deyatelnosti. Recreational geography. Saratov, 2004. str. 47-52.

As noted above, in the classification of recreation activities, the socio-cultural activity of recreation is one of the leading, main activities of recreation. That is, cultural and spiritual needs are important factors that provide a person with the pleasure of living, restore forces that strengthen understanding of the world in their own space (spiritual recreation).

Now, the use of shrines and holy places for spiritual and including physical recreation has been preserved in the age-old values of our people. If we pay attention, we are now calling this recreation as recreation tourism. At this point, there is a need to research the basis of pilgrimage tourism and this type of socio-cultural recreation in the peoples of the world.

The saddest thing is that we are still used to associate pilgrimage with certain religious worldviews and certain religious rituals. In the modern era of highly developed technology, we should consider pilgrimage as the basis of socio-cultural recreation activities for the relief of nervous and tired "stresses", social-spiritual rest, and peace of mind of mankind (city dwellers).

For these purposes, i.e. study of the pilgrimage and the original essence, content of the objects of pilgrimage, and the spiritual and spiritual rest obtained from the pilgrimage, the socio-cultural and economic significance of this rest, and the creation of conclusions are among the issues in the research centers of this work.

Currently, there are conflicting conclusions and opinions about religious tourism and pilgrimage in Russian tourism specialists and ²foreign literature ³. According to UNVTI, pilgrimage is an excursion, a trip to holy places for the purpose of learning. Russian tourism specialists ^{4, 5, 6} and he believes that pilgrimage and worship appeared many centuries before tourism and that religious pilgrimage has nothing to do with tourism ⁷.

And we have not applied the correctness or incorrectness of such conclusions and opinions. This conclusion is probably correct. However, the terms religious tourism and religious pilgrimage tourism are also being written in the newly created tourism manuals.

International tourism scientist A.Yu. Aleksandrova ⁽³³⁾ understands pilgrimage in three religions of the world as a high-level purification, getting rid of sins. According to him, visiting the graves of saints or some holy places is worshiping, praying, praying, bowing down. Alexandrova A.Yu. according to their conclusions, Christians understand that going to the tomb of Jesus Christ, the son of God (Palestine) is a high pilgrimage-purification-pilgrimage, such a purification-pilgrimage in the Islamic religion, Umrah, walking to the Tirtha-yatra-sanctuary in Buddhism, praying there, and purifying them should be a high-level pilgrimage.

² Buddiyskie palomnicheskie tsentr Y. i route Y. (electronic resource). <http://www.buthistpilgrimage.info>.

³ Xrame India (electronic resource). <http://http.www.temple.net.com>.

⁴ Orekhov D. Svyatye mesta Rossii. SPb.: AMFORA, 2006.

⁵ Melnikova E.V. Kultura i traditsii narodov mira. Moscow, Dialog culture, 2006.

⁶ Senin V.S. Organization of international tourism. Moscow, Finance and Statistics, 2004.

⁷ Alexandrova A.Yu. Geography tourism. Moscow, "KnoRUS", 2010, p. 584.