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**WORKERS' SPORTS GAMES – A BRAND OF OSIJEK
CITY OF OSIJEK – CITY OF WORKER'S SPORTS**

**RADNIČKE SPORTSKE IGRE – BREND OSIJEKA – GRADA
RADNIČKIH SPORTOVA**

ABSTRACT

Analysis of findings of numerous studies of socio-economic impacts of sport and sports recreation on economic development showed that sports and sports recreation generate numerous social (humanities) and economic effects of sport, tourism and other economic activities.

The aim of this paper is to show to local government and entrepreneurs that workers sports can become a brand of the city of Osijek, show possibilities of implementation of sports recreation in economy and possibilities of influence on the whole social and economic development.

Key words: sports, sports recreation, social and economic development

SAŽETAK

Analizom rezultata brojnih istraživanja društveno-ekonomskih učinaka sporta i sportske rekreacije u gospodarskom razvoju došlo se do spoznaje da sport i sportska rekreacija generiraju brojne društvene (humanističke) i ekonomske učinke u sportu, u turizmu i u ostalim gospodarskim djelatnostima.

Cilj je ovoga rada je pokazati lokalnoj upravi i poduzetnicima da radnički sport može postati brendom grada Osijeka, ukazati na mogućnosti primjene sportske rekreacije u gospodarstvu, istovremeno putem sportske rekreacije utjecati na ukupan društveni i gospodarski razvoj.

Ključne riječi: sport, sportska rekreacija, radnički sport, društveni i gospodarski razvoj

1. Introduction

Scientific and technical advances have facilitated people's lives, making it more comfortable and cultured but also disturbing the balance and beginning to seriously threaten their biological status. Due to the reduction of body movements during the production process and during working hours, people started to decrease and even lose their physical and working condition. On the other hand, noise, air pollution and the environment, and many other factors adversely affect the health of humans, disturbing functional abilities and health.

Sports Recreation, which can be defined as an activity that satisfies the human need for movement and physical activity with the ultimate goal of improving and preserving health, is increasingly gaining importance in developed countries precisely because of the possibility of application of programmed sports and recreational activities in the work process-oriented prevention, elimination or alleviation of fatigue and discomfort caused by the character of labor and increasing productivity and lengthening working lives.

2. Workers' sports games program

Workers' sports games (RSI) are one of the biggest forms of sports and recreational activities of City association for sports recreation "Sport for all" Osijek (GSSR "Sport for All") with a long tradition in Osijek.

It's been exactly 60 years since the Gymnastic Society of Upper town of Osijek was renamed the "Partisan" - Association for physical education. The same year 1952 first Workers' sports games with the participation of 28 organizations with 98 teams and 917 competitors were held. Calendar of RSI in the year 1956 covered 13 sports disciplines, introduced gymnastics all around and wrestling. According to the number of entries (38 collectives, 253 teams and 1974 participants), RSI were the highest 50-sports competition in that time in the city of Osijek. Number of participants increased so that in 1969 it reached a record number of 53 organizations working with 1281 teams and 11 849 participants. During these 80 years, sports and recreation became an independent field of physical education that included competitive, recreational and educational sport. For recreation, the quality of sport is reflected in the activity that is regularly implemented under the umbrella organization of two or three times a week, but with a load that corresponded to mature age, older, oldest, or people with reduced functional capabilities.

Within the RO maintain the professional game: Croatian builders Games, SDK, Games,

Electricity Games, Konditorijade, IPK Games, Bank Games, Insurance companies games, Pension and health insurance Games, Markets Games, etc.

Since 1990 GP RSI started to feel the crisis and drastic decline in attendance. There are numerous causes for this: the collapse of giant enterprises, political and social difficulties, the reorganization of trade unions and problems with financing workers' -athletes. That being said, 435 teams performed with 3658 players in GP RSI. During the war games died, but have been refurbished in 1993.

Over the past few years a trend of decrease in the number of participants at the Workers' sports games continued, caused by the economic crisis of global proportions. In the year 2011 82 companies with 165 teams and 1980 participants in total participated in the Games.

2.1.Financing

The program of workers' sports games is funded partly from the city budget, partly from membership dues and fees paid by participants of the Games companies or participants in person.

Because our country is threatened by a new round of economic recession, it is realistic to expect that the number of unemployed will increase. In these circumstances it is increasingly difficult to separate the funds through which sport and recreation training would be made available to a wider span of citizens.

3. Measures of economic progress through sports recreation

Sports and recreation in the working process are not widely accepted in our practice, although they are highly demanding and have proven values. Changing this requires a decisive synergic action of city government and businesses that would provide funds to enable participation in the Workers' sports games for free to all interested workers, free of registration and membership fees.

4. Workers' sports games as a brand

The survival of the workers' sports games, it is of great importance both for the employees of many companies in Osijek, as well as for the owners and entrepreneurs who are promoting sports and recreational exercise as a significant influence on increasing the productivity of their workers, and running through a direct and measurable benefits.

It is important for the city of Osijek that Labor sports games are recognized as its own original brand, uniqueness which we have continue through sixty years of tradition. Let us recognize, save and be proud of what we have. With 82 companies, 165 teams and a total of 1980 participants, we believe that the Workers' sports are, and will be in the distant future, the most numerous sports competition in Osijek today. We are already the CITY of Company Sport and as such we are unique in Croatia!

The right to participate in the Workers' sports games, as a reward for successful work, should be determined by the employer. The employees would participate in some form of active rest in the regular break, which would be offered in their company, and their goal is to motivate employees and create healthy atmosphere, which would result in increased productivity and

prolonging working lives of employees. The benefits of such methods of work organization can be found in some respectable domestic and many foreign companies.

5. Programmable active rest in work process

It is known that fatigue reduces work performance and, if there is no rest phase, the critical time comes to reduce speed and decrease efficiency, increase errors, and decrease quality and increase possibility of injuries.

Numerous studies have shown that the speed of doing business increases with shorter working day. In fact, the only way to combat fatigue for workers is longer and more frequent breaks, and the slower pace of work. When a worker gets tired, his efficiency is low, and consumes much energy. Therefore, the benefits of working time reduction are greater as the operation gets more difficult and more tiring. Basing on the modern scientific knowledge and practical experience on the application of active rest in the work process, the analysis of organizational, technological conditions and possibilities of application of programmed sports and recreational activities in the workflow, analysis and subjective evaluation of the nature of work, the work load and the occurrence of fatigue by workers, it is possible to model a number of mini-sports-recreational activities aimed at prevention, elimination or alleviation of fatigue and discomfort caused by the character of work.

The basic structure of sport and recreation in the process comprises: an introductory training programs, programs in a regular break, programs in a special break, programs in a number of short breaks, mini-training programs, programs in the end of working hours.

- Introductory training programs are applied immediately before the commencement of work and last 7 to 10 minutes. Key elements of these programs are mostly specially selected exercises which are aimed at improving the function of the organism and faster preparation for work.
- Programs in the regular break shall be closer to work (at the factory halls, open and landscaped areas near the workplace, etc.) and usually last 10-15 minutes. Features of these programs can be very different: walk, the elements of sports games, entertainment, recreational games, etc. Sports and recreation in a regular break are aimed at prevention, elimination or alleviation of chronic fatigue, discomfort and interference characteristic of the work process.
- Programs in special breaks are applied depending on the number of special breaks, which in turn depend on the nature, type, amount and intensity of work, and usually last 7-10 minutes (per pause). Features of these programs may be different depending on whether it is implemented within or outside the workplace; usually these are corrective, compensatory and relaxing exercises (at work) or other facilities, similar as the programs in a regular break (outside the workplace).
- Mini individual exercise programs, most often applied individually, and usually lasting 1.5 to 2 minutes with repetition of 6-7 times. Features of these programs usually comprise 2-3 specially selected exercises, which performance at the appropriate alternating contraction and relaxation of certain muscle groups are in proper sequence and rhythm. Mini individual training programs are focused on

achieving specific goals - prevention, mitigation and / or elimination of obstacles and problems specific to certain jobs and certain categories of workers.

- Programs for rest and recovery at the end of working hours apply usually in specially equipped facilities, which have the necessary spaces, facilities and equipment for the implementation of certain program contents, and they usually last 30 to 60 minutes. Features of these programs are usually a variety of relaxation exercises and relaxation, massage programs, autogenic training, etc. Programs for rest at the end of working time significantly contribute to the elimination of accumulated fatigue, relaxation, and alleviate anxiety and muscle pain and faster rest and recovery after work.

6. Recreational home

City budget funds for this year already predict refurbishment of the „Srednjoškolsko igralište“ (High School sports grounds), where the headquarters of City Alliance for Sport Recreation "Sport for All" Osijek is situated.

Covering the pool, which is also located in the building, we can get a space that will serve during the summer, as usual, for swimming lessons, aqua aerobics, therapeutic swimming, etc. In winter, if we could not provide water heating, we are suggesting the possibility of covering the pool, which would provide a spacious room for many other programs, as well as for workers' sports games competition. These are programs with tiny props that do not require large financial investments, and may be economically viable.

By providing this space to the City Alliance for Sport Recreation "Sport for All" Osijek , the citizens and working people of the city, Osijek would get recreational and health center , unique in Croatia.

7. Conclusion

Based on the realistic predictions, regarding the expected exit from the recession and an increase of personal and social standards, we can expect working people to accept more and more sport and physical activity as everyday necessities, as well as creative engagement and confirmation of its value, and thus improve business success and quality of life.

"Assumptions modes of being are independence, freedom and the presence of a critical mind. Its main feature is the activity. Being active means to express their skills, talents, wealth of human talent which, though in varying degrees, is endowed with every human being. It means to renew, grow, express it, to love, to overcome the isolation of the prison's own ego, to be interested in, to give. `` (Erich Fromm "Have or to Be")

Which is the essence of recreation: recreation - lat re creo, Re creare: create, restore, re-create ...

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