

Original research papers

RESEARCH ISSUES AND METHODOLOGICAL PROFILES OF ACADEMIC WORKS PERTAINING TO PHYSICAL ACTIVITY AND TOURISM MANAGEMENT IN MOUNTAIN AREAS (AN ANALYSIS OF RESEARCH PAPERS PUBLISHED IN THE JOURNAL “FOLIA TURISTICA” IN THE YEARS 1990-2020)

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Abstract

Introduction. The paper aims to analyse publications on physical activity and tourism management in mountain areas which appeared in the over 30-year period of publishing the journal “Folia Turistica” (FT). **Material and methods.** The research consisted of four stages: preliminary analysis of titles and abstracts of research papers published in FT in the years 1990-2020, a detailed analysis of the content of research papers pertaining to mountain issues, collecting and processing the data necessary to prepare methodological profiles of research papers using the OMPN©, analysis and discussion of the results obtained. **Results.** Among the 75 scientific articles qualified for the study, works in the field of social sciences, as well as in the field of natural sciences and humanities prevailed. Four leading thematic areas can be distinguished: physical or tourist activity, resource management and governance, nature and protected areas, tourist and recreational infrastructure. The share of papers on historical issues, law and security issues, and education and leadership was clearly smaller. Research and the resulting scientific articles were more often interdisciplinary (rather than monodisciplinary), the positivist approach prevailed (rather than interpretative), empirical research was undertaken more often (rather than theoretical studies), while scientific reasoning and inferences were much more often based on induction (not deduction). **Conclusions.** The research shows that articles on physical/tourism activity in mountain regions published in FT were highly diverse in their methodological approaches, and in many works there is a scholarly approach known as triangulation, which involves joining various approaches and research methods and drawing conclusions based on various kinds of data. This situation, together with the relatively low-level development of tourism research compared to other more advanced fields and disciplines, does not facilitate our task of evaluating the various articles and their significance in attaining valuable knowledge.

Key words: mountains, physical activity, tourism, scientific works, methodological profile, Folia Turistica

Introduction

From the beginning of research on tourism, particular attention has been paid to the development of research on tourism in mountainous areas. This is mainly related to the fact that among the first researchers of tourism there were mainly representatives of countries where mountain tourism was well developed (Austria – P. Bernecker, F. Jaeger, J. Stradner; Switzerland – H. Golden; W. Hunziker, K. Krapf; Italy – L. Bodio, A. Mariotti, M. Troisi; France – R. Blanchard, M. Gautier, E. Guyer-Freuler; Germany – A. Bormann, R. Glücksmann, Poland – S. Leszczycki) [1, 2].

Research on tourism in mountain areas is characterized by great diversity, both in terms of the issues addressed and the methodology used. To some extent, this makes it difficult to evaluate and compare various works and research results obtained, and negatively affects the possibilities of using these results in practice. This is a feature of most research on tourism, which is confirmed by analyses of publications in scientific journals [3, 4, 5, 6]. It is worth emphasizing that the aforementioned diversity of issues and methodology applies not only to “various” issues (which is basically understandable), but also to thematic

issues of journals [7, 8]. This causes some problems in scientific communication both for readers and authors of papers, including in particular those related to the initial assessment of the suitability of individual papers for literature studies (readers) and publication possibilities (authors). Information on the methodological profile is also important for editors of journals, who usually want to accept papers with a specific problem and methodological profile.

According to these assumptions, the study aims at identifying fundamental areas of issues and methodological profiles of scientific works on the use and development of mountain areas for undertaking physical activity. Therefore, three research questions were also formulated:

1. What are the basic and – at the same time – characteristic areas of the problems (issues, research perspectives) raised in the works on the use and development of mountain areas for undertaking physical activity?
2. What is the general methodological profile of works on the use and development of mountain areas for physical activity?
3. Are the methodological profiles of works concerning the use and development of mountain areas for undertaking physical

activity diverse to any extent, taking into account the issues raised in the publications?

The above-mentioned goal and the research questions related to it have not been, to the knowledge of the authors, the subject of scientific reflection so far. Therefore, the research aimed at resolving these issues was treated as exploratory and pilot. According to that, the research was carried out based on works published in one selected scientific journal.

Material and Methods

Due to the lack of any scientific journal closely related to the issue of human activity in mountains on the domestic (Polish) market, it was decided to review the related issues by referring to publications in a scientific journal which is well-recognized in the environment of tourism researchers, which has been published for many years, in which papers related to various fields of science are published, and whose profile is wide enough to publish works on mountains. The journal that meets these criteria is "Folia Turistica" (FT), published at the University of Physical Education in Krakow (Poland).

The first issue of FT was published in 1990, which makes this magazine – among tourist periodicals – one of the oldest in Poland as well as all around the world [9]. In Poland, it is – despite the changing rules of evaluation – one of the highest rated scientific journals related to tourism [5, 10]. The bibliometric analysis carried out for the period 1990-2018 revealed that "FT is predominantly concerned with issues in the social sciences, it is closely tied to the humanities, and the natural sciences are also present (...). Contributors to FT have included more than 400 Polish authors over thirty years, representing almost ninety schools, from academies of physical education and universities to economic, agriculture, natural science, and technical colleges, and others." [11]. As of today (November 4, 2022), 58 issues of the magazine have been published (including 18 thematic ones). In the years 2014-2021, the journal was a quarterly, now it is published semi-annually.

The research approach that was used to solve the indicated objective consisted of four stages, which are summarized in Table 1.

At the first stage, a database including scientific articles related to broadly understood mountain issues published in FT in the years 1990-2020 was prepared. The basic data characterizing this collection of texts are as follows:

- the total number of articles related to mountain issues is 75 (this is almost 14% of all 551 scientific articles published during this period);
- the total number of authors of the mentioned articles is 105, of whom 85 can be considered as "unique" (some authors published more than one article);
- these articles appeared in 32 issues of the journal, with a total of 55 issues published during the period (this means that the articles we are interested in were published in almost 60% of the issues);
- 71 articles were published only in Polish, 2 articles – only in English, and 2 others – in both Polish and English;
- 40 articles were published in 22 various issues, and 35 articles in 10 thematic issues (one of them, 36-2015, was entirely related to mountain tourism).

At the second stage, a detailed analysis of the content of the above-mentioned 75 scientific articles was carried out. In this regard, the dominant field of science and the characteristic area of research issues have been indicated for each of them (Tab. 2). On this basis, the articles were sorted (grouped), distinguishing those fields of science and areas of research issues that are most often represented in the considered collection of works.

At the third stage, the methodological profiles of the researched articles were developed using a method known as Methodological Imaging of Scientific Papers© which was developed in 2014 [12]. It is based on information obtained from the authors of the papers on a set of 16 specially selected methodological features, where each of them is paired with its opposite feature (e.g. quantitative research – qualitative research, synthesis – analysis, etc.). The authors of individual papers were asked to indicate the intensity of occurrence of a given feature in their publication, on a scale from 0 to 5, where 0 means that the feature did not occur in the paper at all, and 5 – that it was the dominant feature. Individual work profiles created using the OMPN© method (created on the basis of information obtained from the authors) were the basis for further analyses to determine the profiles of the entire set of works analysed in this article, as well as their specific subsets, i.e. works representing particular areas of research issues. In the case of multi-author papers, opinions obtained independently from all authors of individual papers were taken into account, and their final profile was the resultant (arithmetic mean) of all opinions. For the research presented here, information was obtained from the authors of 17 articles published in 2014-2020 (Tab. 3).

Table 2. Articles related to broadly understood mountain issues published in FT in the years 1990-2020 with an indication of the dominant field of science and the characteristic area of research (n = 75)

	Article data				Dominant field of science							Characteristic area of research							
No.	Authors	Title	Vol.	Pages	Humanities	Engineering and technology	Medical and health sciences	Agricultural sciences	Social sciences	Natural sciences	Theology	The arts	Physical and tourist activity	Nature and protected areas	Culture and history of tourism and region	Tourism and recreation infrastructure	Law and safety	Education and tourism guiding	Administration and management of resources
1	Kazimiera Orzechowska-Kowalska Roman Kowalski	An attempt at depicting chosen elements of environmental structure and territorial setting of social system of Polish Spisz (Zips)	2-1991	105-121					+				+						
2	Halina Guzik Barbara Ostrowska	Synthetic Tourist Attractiveness Estimation of South-East Polish Provinces	4-1993	65-81					+				+	+	+				+
3	Antoni Jarosz Marek Żoldak	Problems of Tourism Infrastructure Development in the Region of Dynowskie Plateau and Przemyskie Plateau	4-1993	83-99					+							+			+
4	Jerzy Kitowski	Changes in the Bieszczady Settlement Network (A Contribution to the Tourism Infrastructure in the Bieszczady Region)	4-1993	101-116					+						+	+			
5	Barbara Obrębska-Starkłowa	Bioclimate of the Carpathians – Preferences and Limits to Recreation	7-1997	87-99					+					+					+
6	Renata Rettinger Wacław Rettinger	The Sanitary State of the San River in the Slonne Mountains and its Touristic and Recreational Utilization	7-1997	115-121					+				+	+					
7	Piotr Dąbrowski	The Importance of Tourism for the Nature Conservancy and Sustainable Development in the Catchment Basin of the Czarny Dunajec River	10-2001	97-133					+					+					
8	Krzysztof Sondel	Safety in Qualified Tourism, Sport and Recreation in Law Regulation	10-2001	145-180					+				+				+		
9	Tomasz Wolowiec	Financial and Legal Problems of the Operation and Development of Polish Health Spa	12-2002	89-106					+							+	+		+
10	Janusz Zdebski	Mountain Guiding in Poland – Evolution of Functions	13-2002	23-27					+						+				+
11	Krzysztof R. Mazurski	Evolution of the Sudetic Guiding Model after 1945	13-2002	29-36					+						+				+
12	Piotr Dąbrowski	The Significance of Mountain Guides in Environmental Education	13-2002	63-74					+									+	
13	Bernadetta Zawilińska	Operation of Student Mountaineering Guide Associations in Poland	13-2002	101-120					+						+			+	
14	Tomasz Wolowiec	The means of revitalization Polish health spas – the statute of health spas and other means of economic development	14-2003	5-29					+							+	+		+
15	Maciej Abram	Investigations of opinion of patients and tourists visiting Polish health resorts in 2002	14-2003	31-42					+				+			+			
16	Wacław Rettinger	Outline of tourism development in the Slonne Mountains Landscape Park and its surroundings	15-2004	83-102					+					+					+
17	Alicja Kicińska-Swidorska Tadeusz Słomka	The Construction of Geotourist Routs	15-2004	179-184					+							+			+
18	Jan Krupa Renata Konewicka	Using of Marketing Methods and Tools in Promotion of Touristic Route in the Podkarpackie Province	16-2005	65-87					+							+			+
19	Wacław Petryński Antoni Pilawski	The Educational Safety Factors in Qualified Tourism and Leisure Exemplified by Yachting	18-2007	43-58			+						+				+	+	
20	Tomasz Wolowiec Krzysztof Kaganek	Law and Administrative Possibilities of Function of the Polish Health Resort and the Ways of the Spa Perishes Reactivation	18-2007	109-120					+							+	+		+
21	Ewa Roszkowska	Austrian Military Circles and the Origins of Skiing and its Development in Galicja (1891–1914)	19-2008	75-90	+								+		+				
22	Małgorzata Orlewicz-Musiał	History of Mountains Expeditions of Gymnastic Society "Falcon" 1867–2007	19-2008	113-140	+								+		+				
23	Marek Czyż	Jan Alfred Szczepański's "Jaszcz" (1902–1991) Literature Output Concerning Mountain Themes	19-2008	155-185	+										+				
24	Dominik Wolski	Proposal for Changes of Accessibility of the Eagle Path Put Forward in a Light of Applicable Law	20-2009	73-87					+							+		+	
25	Sandra Krajcer	Safety and Freedom of the Skier on Slopes and Offpist under Austrian Ski Law	20-2009	89-102					+								+		
26	Aleksander Kappes	FIS Decalogue and Liability for Causing Damage on the Ski Slope	20-2009	103-111					+								+		
27	Paweł Skawiński	Tourism Management in the Tatra National Park	22-2010	25-34					+				+						+
28	Szymon Ciapala Tomasz Zielonka Justyna Kmiecik-Wróbel	Methods for Prevention of Illegal Touristic Dispersion Related to Soil Erosion in the Tatra National Park	22-2010	67-89					+				+	+					+
29	Adam Mrocza Paweł Adamski	Daily Distribution of Tourist Traffic in Selected Nature Reserves and Magura National Park	22-2010	91-105					+				+	+					
30	Alicja Kicińska	Effects of Downhill Skiing on the Beskid Sądecki Mts. Nature Envi-ronment	22-2010	119-132					+				+	+					
31	Jadwiga Berbeka Krzysztof Berbeka	The Influence of Climate Warming on Alpine Ski Resorts	22-2010	133-146					+					+		+			+
32	Mikołaj Bielański	Alpine Skitourers Traffic in the Tatra National Park	22-2010	185-205					+				+	+					
33	Anna Kolańska	Attitudes of Tourists in Relation to Environment Protection in the Light of the Survey Based on the Example of the Pieniny National Park	22-2010	207-216					+				+	+					
34	Marek Czyż	Why Do We Walk in the Mountains? On the Alpine Sports Motiva-tion in the Light of the Publications of Jan Alfred Szczepański	23-2010	241-255	+								+		+				
35	Halina Zdebska	Bronisław Czech (1908–1944) – a Human and a Sportsman	23-2010	257-275	+										+				
36	Katarzyna Salamon-Krakowska	Alpine Scenery	24-2011	151-161	+									+	+				
37	Małgorzata Okupnik	Silence and Void: Anthropological Sense of Mountaineering	24-2011	221-237	+								+	+					

No.	Article data				Dominant field of science				Characteristic area of research										
38	Natalia Tokarczyk	Importance of Upper Montane Belt Glades for Tourism in Gorce Mountains	26-2012	133-147					+		+	+							
39	Ewa Roszkowska	Alpine Activities of Marian Smoluchowski	26-2012	213-238	+						+		+						
40	Ewa Roszkowska	The Tatra as Sacrum in the Mountain Ideology of Mariusz Zaruski	27-2012	133-148	+						+	+							
41	Łukasz Stokłosa Elena Marchiori Maciej Piotrowski Lorenzo Cantoni	The Use of Destination Online Reputation Model to Evaluate a Tourism Destination. The Case of Podkarpackie Region	28-2013	129-148					+					+		+			
42	Diana Dryglas	Legal Determinants of Investment Development in Tourism and Spa Infrastructure in Spa Resorts in Poland	28-2013	149-166				+						+	+	+			
43	Wojciech Swędziol	Introduction to Rock Climbing and Blind People's Rock Climbing Tourism	29-2013	61-81		+					+					+			
44	Andrzej Hadzik Adam Szromek	Potential of Selected Architectural Aids for Persons with Disabilities as a Barrier for their Participation in Resort Tourism in Poland	29-2013	121-134		+					+		+			+			
45	Marzena Kozyra	Accessibility and Integrity of Marked Tourist Paths in the Pieniński National Park (PPN) in Poland and the Pieniński National Park (PIENAP) in Slovakia	29-2013	205-224					+		+		+						
46	Paweł Wojtanowicz	Typologisation and Periodisation of the Development of Educational Trails in Polish National Parks	30-2014	27-53					+		+		+						
47	Małgorzata Januszewska Daria Elżbieta Jaremen Elżbieta Nawrocka	Creation of the Tourism Product Image of the Valley of Palaces and Gardens in Jelenia Góra Valley	30-2014	55-79					+				+	+		+			
48	Paweł Adamski Szymon Ciapala Katarzyna Gmyrek Anna Kolańska Adam Mroczka Zbigniew Witkowski	Negative Consequences of Overcrowding Tourist Trails in the Pieniny National Park and the Homole Gorge Nature Reserve	31-2014	149-167					+		+	+							
49	Piotr Gryszel	Assessment of the Competitiveness of Mountain Tourism Communities Using the Taxonomic Method	32-2014	93-116					+				+	+	+	+			
50	Andrzej Rapacz Daria Jaremen	Role of the Jeleniogórski District's Local Authorities in Stimulating Entrepreneurship in Tourism	32-2014	215-240					+							+			
51	Joanna Fidelus	The Differentiation of Tourist Traffic in the Western Part of the Tatra Mountains	33-2014	173-191					+		+	+							
52	Krzysztof Kołodziejczyk	Infrastructure at the Organised Entries to Tourist Trails	35-2015	83-114					+					+		+			
53	Maria Zowislo	The Topic of Mountains from the Perspective of Philosophia Activa	36-2015	9-22	+						+	+							
54	Ewa Roszkowska	Alpine Winter Tourism – Notes about the Beginnings of the Phenomenon	36-2015	23-39	+						+		+						
55	Iwona Cybula	'Wędrowiec' as a Source of Knowledge about the History of Tourism in the Tatra Mountains	36-2015	41-65	+						+		+						
56	Marek Czyż	Tatra Mountaineering – Sport or Tourism? Reflections on the Sidelines of the Writings of Tatra Climbers in the Interwar Period	36-2015	67-83	+						+		+						
57	Marta Stepaniak	Walter Bonatti's Alpinist Ideology	36-2015	85-107	+						+		+						
58	Julia Murrmann	Herzlich Willkommen in Polen. The Image of Polish Mountains and the Offer of Mountain Tourism in Poland Based on German Travel Guides	36-2015	109-124	+								+	+		+			
59	Michał Żemła	Interests of Mountain Hut Operators in Poland, Czech Republic, and Slovakia in Attracting Customers from Abroad	36-2015	125-142					+						+	+			
60	Katarzyna Klimek	The Commercialization of Summer Tourist Products by Local and Regional Tourist Organizations in Selected Mountain Countries	36-2015	143-165					+							+			
61	Dominik Wolski	Legal Conditions for Safety in the Organized Ski Areas of Poland and Italy – A Comparative Study	36-2015	167-192					+					+	+				
62	Jan Krupa Izabela Cichocka	Quality Evaluation of the Services Provided in Selected Sanatorium Facilities in the Podkarpackie Province	38-2016	183-206					+					+		+			
63	Krzysztof Kołodziejczyk	Organisation of Tourist Movement in the Czech Switzerland National Park	43-2017	9-43					+		+	+							
64	Jerzy Rembeza Kamila Radlińska	Seasonality of Unemployment in the Coastal and Mountainous Tourist Regions of Poland	43-2017	45-58					+							+			
65	Marek Nowacki	Comparison of Polish, Czech and Slovak Ski Resorts Using the Free Disposable Hull Analysis	45-2017	9-29					+					+		+			
66	Marta Gawlas	Accidents and Rescue Interventions During the Holiday Season in the Polish Tatra Mountains – Analysis for 2014 and 2015	45-2017	31-48		+					+				+				
67	Iwona Cybula	Tourism As A New Form Of Leisure In Light Of "Wędrowiec" ["The Wanderer"] Weekly Magazine (1863-1906)	46-2018	149-181	+						+		+						
68	Elżbieta Gładysz Ewa Wszendybył-Skulska	The Jan Kiepura Festival in Krynica Zdrój as a Tourism Product and Its Meaning for the Development of the City	48-2018	241-260					+					+		+			
69	Kinga Krzesiwo	Evaluation of Selected Promotional Activities of Ski Resorts in Poland – A Study on Kotelnica Białczańska Ski Resort in Białka Tatrzańska	48-2018	261-281					+					+		+			
70	Danuta Umiastowska Marta Kisiel	Undertaking Mountain Tourism by Residents of the West Pomeranian Voivodeship	52-2019	59-78					+		+								
71	Piotr Cych Weronika Machowska	Aspects of Safety for Participants and Organisers Of Tourist Foot-orienteeing Competitions Set in Mountain Areas	52-2019	79-96					+						+	+			
72	Marta Wieczorek Aleksandra Sadziak Wojciech Wiliński	Undertaking Tourism in Mountain Areas by the Disabled and the Level of their Self-evaluation – a Pilot Study	52-2019	97-117					+		+			+					
73	Magdalena Malec	In Search of Silence – Sound as a Tourist Value of Mountain Hiking Trails	52-2019	119-140	+						+	+							
74	Krzysztof Kołodziejczyk	The Negative Impact of Hiking on the Mountain Environment – The Position of Polish Scientists in Comparison to Global Literature	55-2020	85-115					+		+	+							
75	Michał Organ	'Go to Bieszczady!': Tourism in the Western Bieszczady Mountains in the 1930s	55-2020	139-165	+						+		+						
Total					18	0	4	0	29	24	0	0	34	27	21	25	8	8	28
					75								151						

Source: authors' own elaboration.

Figure 1. Profile of scientific articles published in the scientific journal "Folia Turistica" in the years 1990-2020 dedicated to mountain areas visualized in the form of a word cloud generated from the titles of the works.

In the above context, it is worth noting that many of the scientific articles published in FT on the broadly understood mountain issues were in fact of a multi- or interdisciplinary nature. Often they concerned certain phenomena or problems that were the result of a juxtaposition of issues falling within the research fields of various fields of science.

In order to more accurately capture the mountain theme present in FT, the entire collection of scientific articles was analysed, and then an attempt was made to identify and define the

Table 4. Structure of research papers published in the scientific journal "Folia Turistica" in the years 1990-2020 pertaining to mountain areas according to the dominant field of science (n = 75)

No.	Fields of science	Number of papers	
		absolute	relative
1	Social sciences	29	38.7%
2	Natural sciences	24	32.0%
3	Humanities	18	24.0%
4	Medical and health sciences	4	5.3%
5	Engineering and technology	0	0.0%
6	Agricultural sciences	0	0.0%
7	Theology	0	0.0%
8	The arts	0	0.0%
Total		75	100.0%

Source: authors' own elaboration based on the analysis of individual scientific articles.

leading problem for each article. At the same time, efforts were made to finally include all the works in a set of several key areas of problems, each of which would be quite general in itself and would refer to an important issue related to physical activity in mountain areas. It was also important that these leading problems together would create an internally coherent and possibly complete picture of this problem. The resulting list includes the following groups of problems:

- mountain areas as a space for undertaking physical or tourist activity;
- natural values of mountain areas and their protection;
- cultural values of mountain areas, including the history of tourism or the region;
- infrastructure enabling physical or tourist activity;
- legal regulations concerning mountain areas, including those related to safety;
- making mountain areas accessible through education and guidance;
- resource management in mountain areas.

As a result, all articles were finally grouped into 7 categories, which are presented in Table 5. For each of the categories, there are also indicated the characteristic issues that were considered in the analysed works and thus illustrate the issues raised by the authors – although they do not reflect its structure in a quantitative way.

In the presented context, let us recall that monothematic issues were rarely addressed in the analysed articles. One leading issue was indicated in 11 works only. For the majority of articles, two issues were indicated (52), and in special cases even three (9) or four (3) from the categories listed above. In the analysed set of articles, works referring to five thematic areas definite-

Table 5. Structure of research papers published in the scientific journal "Folia Turistica" in the years 1990-2020 pertaining to mountain areas according to the leading issues (n = 75)

No.	Leading problems	Characteristic issues	Number of papers
1	Physical or tourist activity	• mountain tourism, qualified tourism, sport, recreation, skiing, winter tourism, climbing (alpine) • organization of tourist flow, distribution of tourist flow, diversification of tourist flow, congestion and leaving the trail, dispersion of tourists • motives for undertaking activity, mountain ideology, activity of people with disabilities	38.7%
2	Nature and protected areas	• space, natural environment, climate, soil erosion, sanitary condition, landscape, silence and sound, sustainable development • national park, ravine, glades	32.0%
3	Culture and history of tourism or the region	• tourist values, settlement, development of skiing, literary output, biography • tourism in the Tatra mountains, alpine tourism	24.0%
4	Tourism and recreation infrastructure	• development of tourist infrastructure, financing, investments, architectural barriers and facilities, nature trails, network and design of tourist trails • tourist hostels / refuges / huts, ski resorts, health resorts, sanatorium facilities	5.3%
5	Law and safety	• criminal regulations, liability for damage, making tourist trails available • education for safety, skier safety, accidents and rescue interventions	0.0%
6	Education and tour guiding	• environmental education • mountaineering guide associations, mountain guiding model, functions and role of mountain guiding, tourist guides	0.0%
7	Administration and management of re-sources	• tourism management, mountain tourism offer, tourist product, festival, sports competition, quality of services, image, promotion, distribution • tourist attractiveness, assessment of the tourist reception area, competitiveness of communes, city development, tourism development, tourist regions, stimulating entrepreneurship, unemployment • local authorities, local and regional tourist organizations	0.0%

Source: authors' own elaboration based on the analysis of individual scientific articles.

ly dominate; specialized legal and security issues, as well as issues related to education and guiding, were relatively rarely addressed.

Most of the analysed articles referred to specific mountain areas. This observation applies to 41 works, i.e. 54.7% of their total number. These references had different levels of specificity, but they can be arranged as follows:

- mountain ranges (Carpathians, Sudetes, Alps);
- mountain chains (Tatras / Western Tatras, Pieniny, Gorce, Beskid Sądecki, Bieszczady, Góry Słonne);
- mountain trails (Orla Perc');;
- historical regions (Spisz);
- protected areas, including national parks (Tatra National Park, Pieniny National Park, Magurski National Park, Czech Switzerland National Park) and natural / biosphere reserve (Wąwóz Homole);
- foothills (Pogórze Dynowskie i Przemyskie) and valleys (Kotlina Jeleniogórska);
- administrative units, including voivodships (Podkarpackie Voivodship), poviats (Jelenia Góra Poviats), towns (Krynica-Zdrój, Białka Tatrzńska);
- mountainous areas in a given country (Poland, Slovakia, the Czech Republic, Germany, Italy) or a significant part of it (south-eastern Poland).

Methodological profiles of papers pertaining to mountain areas

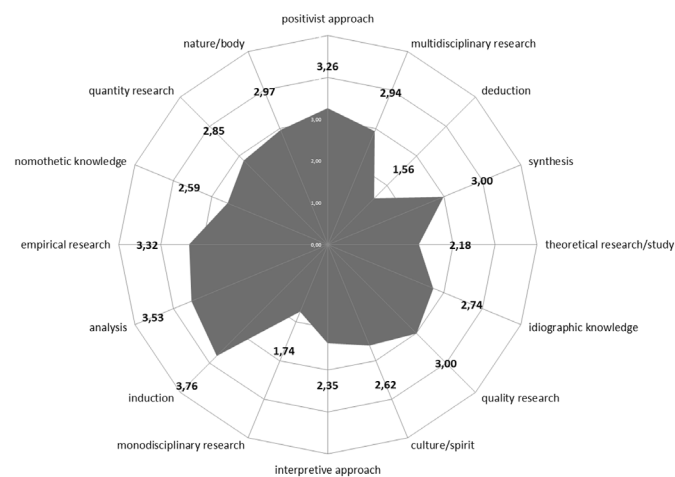
The main aim of the OMPN© method is to create a singular, legible, and straightforward image of an article, clearly rendering a profile based on the values of selected methodological traits. The method is based on information acquired from authors (through surveys) on the methodology they use in their work. This information has been used to create profiles of various academic articles, to define an overall profile of the journal, as well as profiles of the thematic and varia issues. The surveys used a 16-part set of methodological traits, arranged in 8 pairs of opposites, and the authors gauged (on a scale of 0-5) how far a trait applied to their publication, attempting to identify more with one side of each pair.

The basis for these analyses was information provided by the authors of the articles, who, with the invitation to join the study (and an explanation of its goals), were sent a questionnaire and a specially produced "Methodological Glossary", outlining the basic methodological traits to be evaluated by the respondents. These traits were placed in nine pairs of opposites, which means that eighteen methodological traits were evaluated each time. The authors were asked to assign a value of 0 to 5 for each of the traits for every article they published (5 signified a trait being present to the highest degree, and 0 indicated that the trait was absent from the work), assigning a dominant trait in each of the nine pairs (on a scale of 0-5) and a secondary trait (on a scale of 0-3). The pairs were as follows:

1. positivist approach – interpretive approach;
2. empirical research – theoretical research/study;
3. quality research – quantity research;
4. monodisciplinary research – multi- and interdisciplinary research;
5. analysis – synthesis;
6. nature/body – culture/spirit;
7. induction – deduction;
8. nomothetic knowledge – idiographic knowledge.

The answers obtained during the empirical research, i.e. declarations of the authors of individual papers, allowed for the development of a general methodological profile of all the an-

alysed articles (n = 17), which is presented in Figure 2. Analysis of the data presented in Figure 2 shows that papers were more often of an interdisciplinary character (average of indications – 2.94) than purely mono-disciplinary (1.74), that the positivist rather than interpretative approach prevailed (3.26 vs. 2.35), that empirical research was more often undertaken than theoretical analyses and studies (3.32 vs. 2.18), and that induction was much more often adopted in scientific reasoning and inference (3.76) than deduction (1.56). Less significant differences concerned such methodological features as analysis (3.53) and synthesis (3.00), or the type of accumulated knowledge (nomothetic – 2.59; idiographic – 2.74).



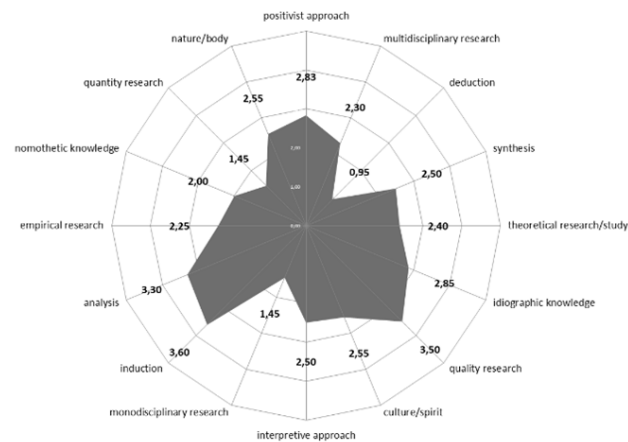
Source: authors' own elaboration.

Figure 2. General methodological profile of articles published in the scientific journal "Folia Turistica" in the years 2014-2020, for which data to generate methodological profiles were obtained (n = 17)

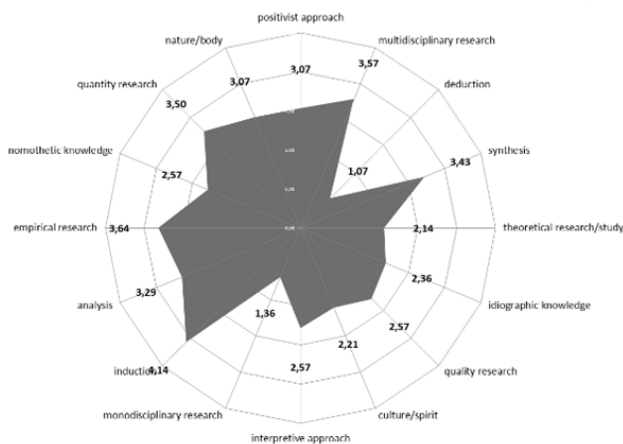
Analyses concerning individual thematic areas showed clear differences between the issues examined in a given case and the general profile, which is well illustrated by the five methodological charts/profiles presented in Figure 3. Already at the so-called "first glance" you can see that not only does each graph have a different shape, but also these shapes are different from the general profile. For example, in the physical activity profile (chart "a"), compared to the general profile, lower values refer to such features as positivistic approach or deduction, and higher – to qualitative research. Differences are also visible when comparing works in categories conventionally named "Nature" ("b") and "Culture" ("c"). The former is dominated by empirical and quantitative research carried out as part of the positivist approach, while research on culture is dominated by theoretical research and studies, to a much greater extent qualitative (4.50) than quantitative (1.17), in which the interpretative approach prevails, and knowledge is idiographic rather than nomothetic.

It is worth noting that the last two methodological profiles ("d" and "e"), which concern the categories "Tourist and recreational infrastructure" (created on the basis of 5 articles) and "Administration and management of resources" (7 articles), are largely related to each other. It proves that in the case of studies carried out within these categories, the applied methodology was – compared to other studies – the least differentiated.

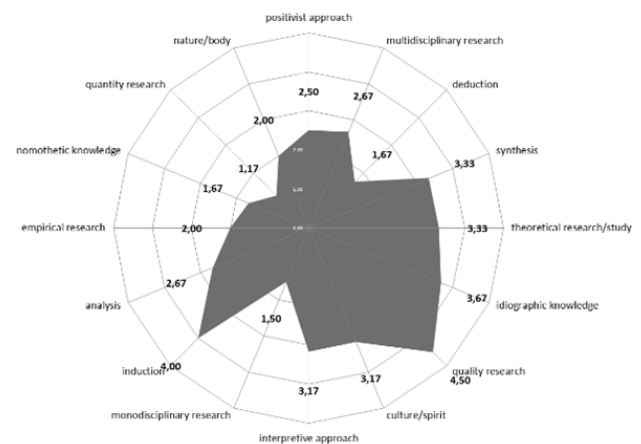
While in the general profiles prepared for each of the 7 separate thematic areas there are clear differences in the intensity of the analysed methodological features, within the individual thematic groups the profiles are basically similar. This is con-



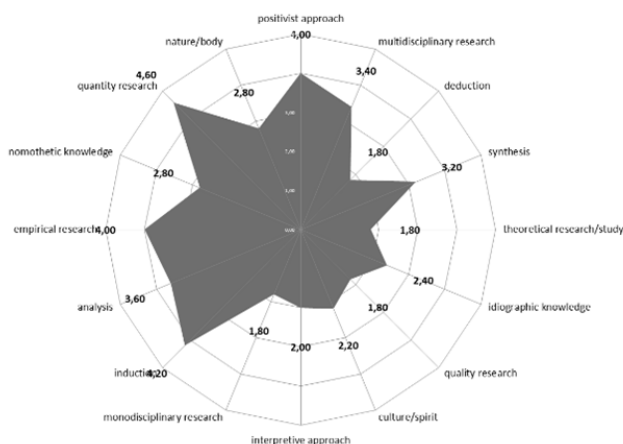
(a) Physical and tourism activity (n = 9)



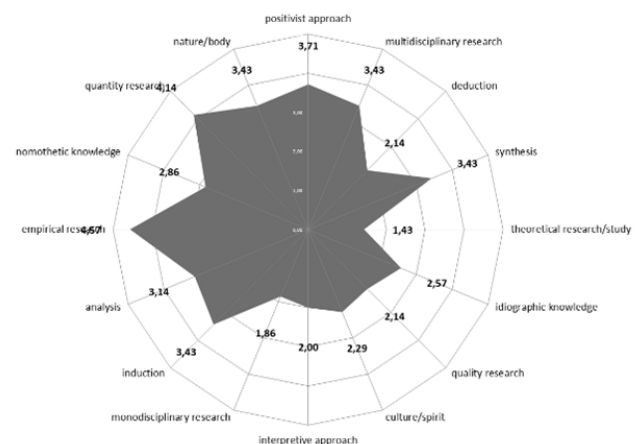
(b) Nature and protected areas (n = 7)



(c) Culture and history of tourism or the region (n = 6)



(d) Tourism and recreation infrastructure (n = 5)



(e) Administration and management of resources (n = 7)

Source: authors' own elaboration.

Figure 3. Methodological profile of articles published in the scientific journal “Folia Turistica” in the years 2014-2020 related to particular problem areas, for which data to generate methodological profiles were obtained

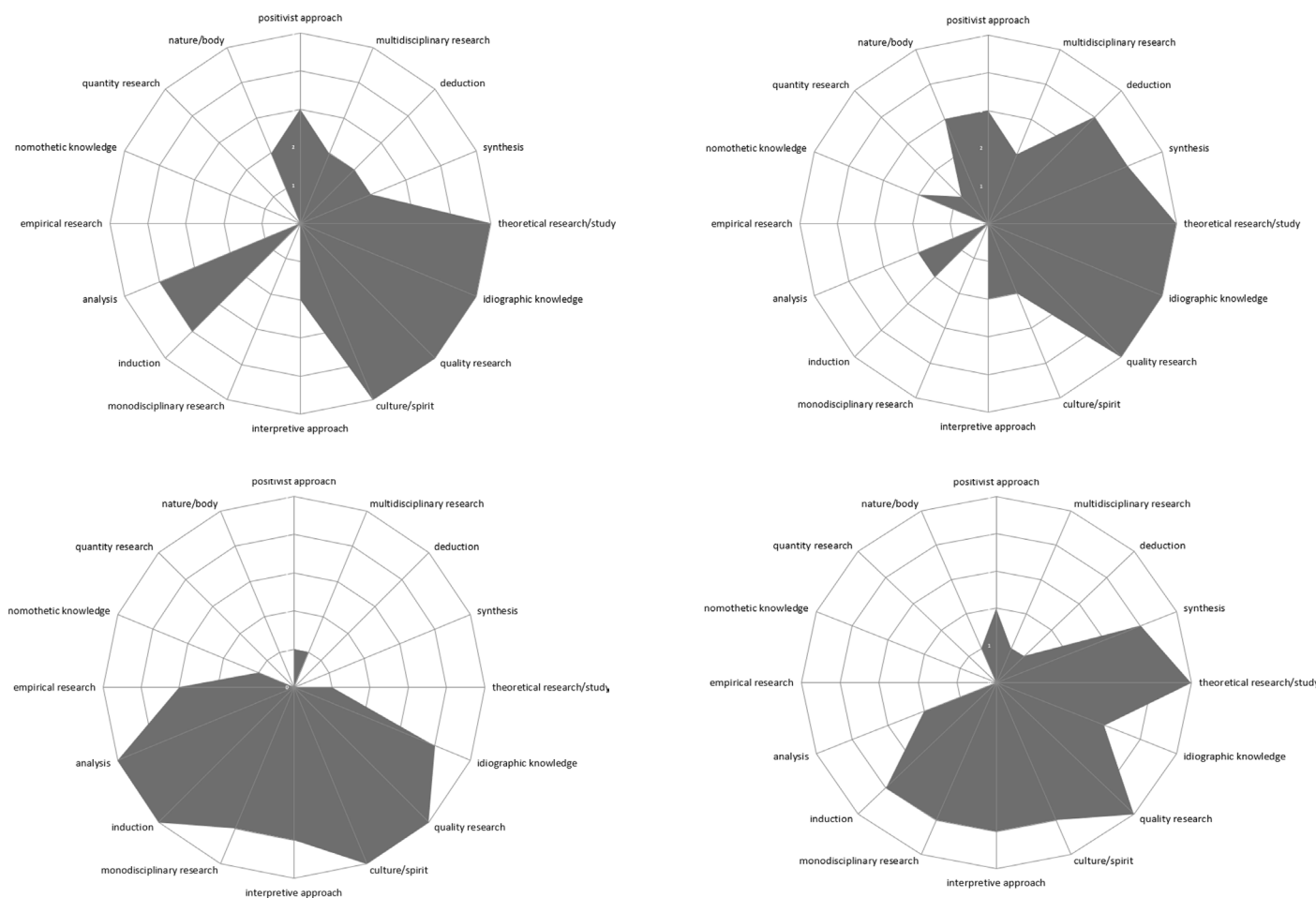
firmed by the methodological profiles of all analysed historical works (4), which are presented in Figure 4.

Despite some differences between the profiles, the fact that the right side of the graphs is significantly darker (especially in the lower part), indicating the advantage of theoretical studies over empirical studies, qualitative studies over quantitative ones, and the idiographic rather than nomothetic nature of the knowledge obtained in the course of research.

Answers to Research Questions

The conducted analyses showed that among the 75 scientific articles qualified for the study, dealing with the issues of tourism in mountain areas, four thematic areas can be distinguished, which appeared in a fairly similar number of papers (from 25 to 34 articles).

Research question 1. These areas are: physical activity or tourism (34, i.e. 45%); resource management and governance



Source: authors' own elaboration.

Figure 4. Methodological profile of articles published in the scientific journal “Folia Turistica” in the years 2014-2020 related to the issue of “History of mountain tourism or the region”

(28, i.e. 37.3%); nature and protected areas (27, i.e. 36%); tourism and recreation infrastructure (25, i.e. 32%). A special group consisted of 21 articles that dealt with historical issues. The other two separate problem areas, “Law and security” and “Education and leadership”, each accounted for 8 articles (10.6%).

Research question 2. The analyses carried out seem to clearly indicate that the research projects and the resulting scientific papers were more often of an interdisciplinary character (average of indications – 2.94) than purely mono-disciplinary (1.74), that the positivist rather than interpretative approach prevailed (3.26 vs. 2.35), that empirical research was more often undertaken than theoretical analyses and studies (3.32 vs. 2.18), and that induction was much more often adopted in scientific reasoning and induction/inference (3.766) than deduction (1.56). Less significant differences concerned such methodological features as analysis (3.53) and synthesis (3.00), or the type of accumulated knowledge (nomothetic – 2.59; idiographic – 2.74).

Research question 3. The dominant field/discipline of science obviously exerted a tremendous impact on the methodological profiles of individual works, which were extremely diverse. A similar situation concerned 7 separate thematic areas. Within each of these groups, however, there appeared certain easily noticeable similarities. Methodological profiles of research papers concerning the use and development of moun-

tain areas for undertaking physical activity and tourism management seem diverse only to a relatively small extent, taking into account the issues raised in the analysed works.

Conclusions

The analyses carried out in this paper indicate that the works on physical activity and tourism management in mountain areas published in the journal “Folia Turistica” are definitely dominated by the perspective of three fields of science: social, natural and humanities. Although it seems quite natural, the complete lack of works in which the perspective of four other fields of science would dominate is somewhat surprising. Regardless of this, the thematic scope of the analyzed works can be considered as wide and interesting. It is worth emphasizing the presence of many works whose subject matter is interdisciplinary.

The research presented in this study shows that the analyzed articles have been highly diverse in their issues and methodological approaches, and in many works there is a scholarly approach known as triangulation, which involves joining various approaches and research methods and drawing conclusions based on various kinds of data. This situation, together with the relatively low-level development of tourism research compared to other more advanced fields and disciplines does not facilitate

our task of evaluating the various articles and their significance in attaining valuable knowledge.

The analyses presented here refer to scientific articles published in only one scientific journal. Nevertheless, it seems that the proposed method of analysis can be considered useful in terms of identifying the structure of research, among others, in the area of developing various types of human activity in mountain areas. It also has some practical values, because the identification of the most frequently undertaken issues may allow for the recognition of a certain canon of knowledge in a given area of research. Above all, however, the disclosure of relatively rarely undertaken issues in the field of tourism and other types of activity in mountain areas may become the basis for forming completely new, non-obvious research projects important for the development of knowledge about mountain areas.

Application values seem to be particularly interesting in terms of further use of the OMPN method. Its application allows for the creation of methodological profiles not only of thematically related collections of works, but also of monographs and scientific journals, scientific conferences, specific authors, etc. Nevertheless, the method requires further testing in terms of refining the sets of features describing scientific papers, as well as application to larger sets of papers. This would allow not only to identify more accurate methodological profiles, e.g. of works representing different fields of science or subject areas, but also to assess (using statistical tools) the significance of differences between them.

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