

PARTICIPATION OF ATHLETES IN RECREATIVE ACTIVITIES SPORCULARIN REKREATİF FAALİYETLERE KATILMA DURUMLARI

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ABSTRACT

The aim of this study is researching the participation of athletes in recreational activities and determining the type of recreational activities they participate in. 150 athletes, 83 males and 67 females, between the ages of 18-28, studying at the Faculty of Sports Sciences, participated in the study. Among the criteria for inclusion in the study is the criterion of "continuing active sports life". A questionnaire about the demographic information of the athletes and their participation in recreational activities was prepared by the researcher. Binomial test and k-square tests were used for statistical analysis of the data.

While the rate of those who answered "no" to the question "Do you participate in recreational activities" is 27%, the rate of those who answered "yes" is 73%. The proportion of athletes participating in recreational activities was statistically significantly higher than those who did not participate ($p<0.01$). While the rate of those who answered "1-2 times" to the question "How many times a week do you participate in recreational activities" is 69%, the rate of those who answered "3-5 times" is 31%. The rate of athletes participating in recreational activities 1-2 times a week is statistically significantly higher than 3-5 times a week ($p<0.01$). While the rate of those who answered "no" to the question "Does Recreational Activities Affect Your Performance in the Competition" is 40%, the rate of those who answered "yes" is 60%. The rate of athletes whose competition performance was affected was higher than those who were not affected statistically significantly ($p<0.01$). It was determined that the status of participation in activities, the number of participation in activities and the effect of recreational activities on performance were not statistically different between men and women ($p>0.05$).

As a result, it was observed that the participation of women and men in recreational activities did not differ. It is seen that the athletes participate in recreational activities and keep this participation limited to 1-2 times a week, and participation in recreational activities does not affect their performance.

Keywords: Recreational activity, athlete, gender.

ÖZET

Bu çalışmanın amacı sporcuların rekreatif faaliyetlere katılma durumlarının araştırılması ve katıldıkları bu rekreatif faaliyetlerin yarışma performansı üzerine etkisinin olup olmadığının incelenmesidir. Çalışmaya Spor Bilimleri Fakültesinde öğrenim gören 18-28 yaş aralığında 83 erkek 67 kadın olmak üzere 150 sporcu katılmıştır. Çalışmaya dahil edilme kriterleri arasında "aktif olarak spor hayatına devam etmek" kriteri yer almaktadır. Araştırmacı tarafından sporcuların demografik bilgilerini ve rekreatif etkinliklere katılma durumları ile ilgili bir anket formu hazırlanmıştır. Verilerin istatistiksel analizi için Binomial test ve k kare testleri kullanılmıştır.

"Rekreatif Faaliyetlere Katılıyor musunuz" sorusuna "hayır" cevabı verenlerin oranı %27 iken, "evet" cevabı verenlerin oranı %73'dür. Sporculardan rekreatif faaliyetlere katılanların oranı, istatistiksel olarak anlamlı düzeyde katılmayanlardan daha yüksektir ($p<0.01$). "Haftada Kaç Kez Rekreatif Faaliyetlere Katılıyorsunuz" sorusuna "1-2 kez" cevabı verenlerin oranı %69 iken, "3-5 kez" cevabı verenlerin oranı %31'dir. Sporculardan rekreatif faaliyetlere haftada 1-2 kez katılanların oranı, istatistiksel olarak anlamlı düzeyde haftada 3-5 kezden daha yüksektir ($p<0.01$). "Rekreatif Faaliyetler Yarışma Performansınızı Etkiliyor mu" sorusuna "hayır" cevabı verenlerin oranı %40 iken, "evet" cevabı verenlerin oranı %60'dır. Sporculardan yarışma performansı etkilenenlerin oranı, istatistiksel olarak anlamlı düzeyde etkilenmeyenlerden daha yüksektir ($p<0.01$). Faaliyetlere katılma durumlarının, Faaliyetlere katılma sayılarının ve Rekreatif faaliyetlerin performansı etkileme durumunun erkekler ile kadınlar arasında istatistiksel olarak farklı olmadığı tespit edilmiştir ($p>0.05$).

Sonuç olarak spor yapan kadınlar ile erkeklerin rekreatif faaliyetlere katılma durumlarının farklılaşmadığı görülmüştür. Sporcuların rekreatif faaliyetlere katıldıkları ve bu katılımı haftada 1-2 kez ile sınırlı tuttıkları ve rekreatif faaliyetlere katılımın performanslarını etkilemediği görülmektedir.

Anahtar Kelimeler: Rekreatif faaliyet, sporcu, cinsiyet.

INTRODUCTION

Sportive activities are free time activities that try to get rid of the monotony of daily life and are generally done for a purpose. Therefore, besides the fact that goals have a great influence on the shaping of the individual's behavior, studies indicate that especially young people seek various ways to unleash their energies and that this energy will be best utilized by directing it to sports activities (Kaya, 2014; Görücü, 2001). It is known that participation in sports is beneficial in terms of social, physical, physiological and psychological health as well as general health, but participation in sports at a professional level sometimes causes serious stress (Hekim, 2015).

Keeping recreational purposes at the forefront of young people's orientation to sports is of great importance in terms of evaluating sports as an educational tool at the same time and in terms of public health. As a matter of fact, the number of people who do sports for these purposes in developed societies is much higher than those who do sports for financial purposes. It is thought that the media should primarily bear the responsibility of raising awareness and directing the society in this regard (Emniyet, 2018). Leisure activities, which are effective in the social, psychological and cultural development of individuals, enable the human element to contribute to society more socially and economically. Another aspect that makes leisure time important is that it creates various satisfactions in individuals. In other respects, leisure activities can also be effective for socializing individuals and integrating into society (Özkalp, 1993). It is the development of a model and suggestions for achieving the quality of recreation services in local governments, examining them in a conceptual framework, programming services for the characteristics of the living population within the human and environmental resources, examining the environment and individual differences, and improving the quality of recreational services (Ağılönü and Mengütay, 2009).

Sports constitute one of the most comprehensive, diverse and interesting areas of recreation. Sports and recreation mutually affect each other. While sports provide an important area of movement in meeting the recreational needs of people, recreation also plays an important role in the social dissemination of sports and in achieving athletic success. Sport usually fulfills this role by fulfilling activity roles such as sport for everyone or sport for health. In other words, all sports have recreational features (Ramazanoğlu et al, 2004).

The aim of this study is to investigate the participation of athletes in recreational activities and to examine whether these recreational activities they participate in have an effect on competition performance.

METHOD

150 athletes, 83 males and 67 females, between the ages of 18-28, studying at the Faculty of Sport Sciences, participated in the study. Among the criteria for inclusion in the study is the criterion of "continuing active sports life".

A questionnaire about the demographic information of the athletes and their participation in recreational activities was prepared by the researcher. Questionnaires were filled by the participants face to face. The following questions are included in this survey form.

- age
- gender
- Do you participate in recreational activities?
- How many times a week do you participate in recreational activities?
- Do Recreational Activities Affect Your Competition Performance?

The answers to these questions were compared within themselves, and their participation in recreational activities was examined between genders.

Table 1: Frequency and percentage distributions of the athletes participating in the study by gender

Gender	Frequency	Percent	Valid Percent	Cumulative Percent
male	83	55.3	55.3	55.3
female	67	44.7	44.7	100.0
Total	150	100.0	100.0	

Analysis of Data: SPSS 21.0 statistical program was used for data analysis in this study. Percentage and frequency distributions of the data obtained from the questionnaires were calculated. Binomial test and k-square tests were used for statistical analysis of the data.

RESULTS

Table 2: Athletes' participation in recreational activities

Questions	Answers	n	Observed Prop.	Test Prop.	Exact Sig. (2-tailed)
Do you participate in recreational activities?	No	40	.27	.50	.000*
	yes	110	.73		
How many times a week do you participate in recreational activities?	1-2 times	104	.69	.50	.000*
	3-5 times	46	.31		
Do recreational activities affect your competition performance?	No	60	.40	.50	.000*
	yes	90	.60		

*p<0,01

While the rate of those who answered "no" to the question "Do you participate in recreational activities" is 27%, the rate of those who answered "yes" is 73%. The proportion of athletes participating in recreational activities was statistically significantly higher than those who did not participate (p<0.01).

While the rate of those who answered "1-2 times" to the question "How many times a week do you participate in recreational activities" is 69%, the rate of those who answered "3-5 times" is 31%. The rate of athletes participating in recreational activities 1-2 times a week is statistically significantly higher than 3-5 times a week (p<0.01).

While the rate of those who answered "no" to the question "Does Recreational Activities Affect Your Performance in the Competition" is 40%, the rate of those who answered "yes" is 60%. The rate of athletes whose competition performance was affected was higher than those who were not affected statistically significantly (p<0.01).

Table 3: Participation in recreational activities by gender

		gender		total	p	
		male	female			
Do you participate in recreational activities?	yes	count	61	49	110	0,553
		% between the genders	55.5%	44.5%	100.0%	
		% within the genders	73.5%	73.1%	73.3%	
	no	count	22	18	40	
		% between the genders	55.0%	45.0%	100.0%	
		% within the	26.5%	26.9%	26.7%	

		genders				
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While 73.5% of the men stated that they participated in the activities, 26.5% stated that they did not. While 73.1% of the women stated that they participated in the activities, 26.9% stated that they did not.

55.5% of the athletes participating in recreational activities are men and 44.5% are women. Of those who did not agree, 55.3% were men and 44.7% women. It was determined that participation in activities was not statistically different between men and women ($p>0.05$).

Table 4: Number of participation in recreational activities by gender

			gender		total	p
			male	female		
How many times a week do you participate in recreational activities?	1-2 times	count	55	49	104	0,233
		% between the genders	52.9%	47.1%	100.0%	
		% within the genders	66.3%	73.1%	69.3%	
	3-5 times	count	28	18	46	
		% between the genders	60.9%	39.1%	100.0%	
		% within the genders	33.7%	26.9%	30.7%	

While 66.3% of men stated that they participate in recreational activities 1-2 days a week, 33.7% stated that they participate 3-5 times a week. While 73.1% of women stated that they participate in recreational activities 1-2 days a week, 26.9% stated that they participate 3-5 times a week.

52.9% of the athletes participating in recreational activities 1-2 times a week are male and 47.1% are female. 60.9% of the athletes participating 3-5 times a week are men and 39.1% are women. It was determined that the number of participation in the activities was not statistically different between men and women ($p>0.05$).

Table 5: Do recreational activities affect your performance by gender?

			gender		total	p
			male	female		
Do recreational activities affect your competition performance?	yes	count	47	43	90	0,221
		% between the genders	52.2%	47.8%	100.0%	
		% within the genders	56.6%	64.2%	60.0%	
	no	count	36	24	60	
		% between the genders	60.0%	40.0%	100.0%	
		% within the genders	43.4%	35.8%	40.0%	

While 56.6% of the men stated that recreational activities affected their performance, 43.4% stated that they did not affect their performance. While 64.2% of women stated that recreational activities affected their performance, 35.8% stated that they did not affect their performance.

52.2% of the athletes who stated that recreational activities affect their performance are male and 47.8% are female. 60% of the athletes who stated that recreational activities do not affect their performance are male and 40% are female. It was determined that the effect of recreational activities on performance was not statistically different between men and women ($p>0.05$).

DISCUSSION

In this study, the participation of athletes in recreational activities was investigated and it was examined whether these recreational activities they participated in had an effect on competition performance.

In our study, the rate of those who answered "no" to the question "Do you participate in recreational activities" was 27%, while the rate of those who answered "yes" was 73%. The proportion of athletes participating in recreational activities was statistically significantly higher than those who did not participate ($p < 0.01$). This result is a proof that athletes participate in recreational activities.

While the rate of those who answered "1-2 times" to the question "How many times a week do you participate in recreational activities" is 69%, the rate of those who answered "3-5 times" is 31%. The rate of athletes participating in recreational activities 1-2 times a week is statistically significantly higher than 3-5 times a week ($p < 0.01$). It is seen that athletes participate in recreational activities, but they limit this situation to 1-2 times a week.

While the rate of those who answered "no" to the question "Does Recreational Activities Affect Your Performance in the Competition" is 40%, the rate of those who answered "yes" is 60%. The rate of athletes whose competition performance was affected was higher than those who were not affected statistically significantly ($p < 0.01$). This result shows that the participation of the athletes in recreational activities 1-2 times a week does not affect their performance.

In the study of Seras (2017), it was concluded that increasing the interest in leisure activities will contribute to the success levels of the participants who benefit from the benefits of recreation, and this is directly related to the leisure time they have.

In a study conducted; Physical education and college students have a very high habit of watching television, reading newspapers and listening to music. The nature of the television programs watched; The content of the newspapers read is mainly about sports. It was observed that the variable of reading books did not differ in terms of student branches. It has been determined that students are inadequate in performing different leisure time activities (Çınar and Sanioglu, 2004).

55.5% of the athletes participating in recreational activities are men and 44.5% are women. Of those who did not agree, 55.3% were men and 44.7% women. It has been determined that participation in activities is similar between men and women. While 66.3% of men stated that they participate in recreational activities 1-2 days a week, 33.7% stated that they participate 3-5 times a week. While 73.1% of women stated that they participate in recreational activities 1-2 days a week, 26.9% stated that they participate 3-5 times a week. 52.9% of the athletes participating in recreational activities 1-2 times a week are male and 47.1% are female. 60.9% of the athletes participating 3-5 times a week are men and 39.1% are women. It has been determined that the number of participation in activities is similar between men and women. 52.2% of the athletes who stated that recreational activities affect their performance are male and 47.8% are female. 60% of the athletes who stated that recreational activities do not affect their performance are male and 40% are female. It has been determined that the effect of recreational activities on performance is not different between men and women.

In the study of Kocaer (2019), the leisure time involvement of teachers and prospective teachers does not show a significant difference according to gender. The benefit levels of teachers and teacher candidates for recreational activities do not show a significant difference according to gender. In a study conducted by Üstün (2013), a significant difference in favor of women was found in the sub-dimensions of achieving, knowing, stimulus living and identification, motivation to participate in recreational activities depending on gender.

As a result, it was observed that the participation of women and men in recreational activities did not differ. It is seen that the athletes participate in recreational activities and keep this participation limited to 1-2 times a week, and participation in recreational activities does not affect their performance.

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