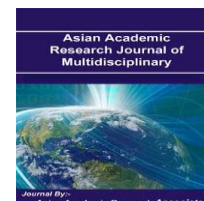




A Peer Reviewed International Journal of Asian
Academic Research Associates

AARJMD

**ASIAN ACADEMIC RESEARCH
JOURNAL OF MULTIDISCIPLINARY**



A EXAMINING THE FACTORS LIMITING THE PARTICIPATION IN THE LEISURE TIME PHYSICAL ACTIVITIES

OGAN M.¹, OZTURK M.E.¹, OZTURK D.², YAZICI A.G.¹, AKNAR U.F.¹

¹Ataturk University, Physical Education and Sports Department, Erzurum, Turkey

²Ataturk University, Vocational School of Health Services, Erzurum, Turkey.

Abstract

The factors, which discourage the enthusiasm and wish of the individuals to participate in leisure time activities, cause waste of time, remove the advantages of leisure time activities, and decrease the level of satisfaction expected from these activities, are called as limiters.

The objective of this study is to determine the factors that limit the participation of the university personnel in the leisure time physical activities and to examine whether these data vary across variables such as the level of profession, gender, and occupational group (Academician-Administrative Personnel). The universe of the research study is comprised of the Erzurum Ataturk University staff. 100 voluntary personnel, who were selected via random sampling method, participated in the study.

Leisure Time Physical Activity Limiters (LTPA-L) scale, which was developed by Öcal (2012), was used as the data collection tool. Comprised of 8 sub-dimensions (physical perception, facility, income, family, skill perception, time, will, social environment) and 38 articles, LTPA-L is a six point likert scale, and it measures the factors that limit the participation of the participants in the leisure time physical activities. In the analysis of the data, descriptive statistics and univariate variance analysis (ANOVA) and Independent Samples T-Test methods were used.

As the conclusion of this study, concerning the factors limiting the participation of the male and female personnel in the physical activities, from a gender point of view, it was determined that the females participated in physical activities less compared to the males in the sub-dimensions of the scale; from the occupational group perspective, it was determined that administrative staff allocate less time for physical activities compared to academic staff.

Key Words: Leisure Time, University Personnel, Physical Activity, Limiting Factor.

References

1. Öcal K (2012). Ölçek Geliştirme: Serbest Zaman Fiziksel Aktivite Kısıtlayıcıları (SZFA-K). Spor Bilimleri Dergisi, 23 (2), 50–60.
2. Vural, Ö. (2010).Masa başı çalışanlarda fiziksel aktivite düzeyi ve yaşam kalitesi ilişkisi.Yüksek Lisans Tezi, Ankara; Gazi Üniversitesi, Sağlık Bilimleri Enstitüsü, Beden Eğitimi ve Spor Anabilim Dalı.
3. Rowland, P. W.,Freedson, P. (1994). Physicalactivity, fitnessandhealth in children: A closeLook. Pediatrics, 93, (4), 669-672.
4. Özer, K. (2001). Fiziksel Uygunluk. Ankara: Nobel Yayın Dağıtım.
5. Özer, D. ve Baltacı, G. (2008).İş yerinde fiziksel aktivite, Fiziksel aktivite bilgi serisi. Ankara: Klasmat Matbaacılık.
6. Bayrakçı, Y.V. (2008).Yetişkinlerde fiziksel aktivite. Ankara: Klasmat Matbaacılık.
7. Tessier, S.,Vuillemin A., Bertrais, S., Boini, S., Bihan, E.L., Oppert, J.M., Hercberg, S., Guillemin, F., Briançon, S. (2007). Associationbetweenleisuretimephysicalactivityandhealth-relatedquality of life changesover time. PreventiveMedicine, 44, 3, 202-208.
8. Moraska A, Fleshner M. (2001). Voluntaryphysicalactivitypreventsstress-inducedbehavioraldepressionand anti-KLH antibody suppression, AmericanJournal ofPhysiology, Regulatory, IntegrativeandComparativePhysiology 281,484-490.
9. Tekkanat, Ç. (2008).Öğretmenlik bölümünde okuyan öğrencilerde yaşam kalitesi ve fiziksel aktivite düzeyleri. Yüksek lisans tezi, Denizli: Pamukkale Üniversitesi, Sağlık Bilimleri Enstitüsü, Sporda Psiko-Sosyal Alanlar Anabilim Dalı.
10. Tezcan M (1994).Boş Zamanların Değerlendirilmesi Sosyolojisi. 4. Baskı. Ankara: Atilla Kitabevi.
11. Kılbaş Ş (2010). Rekreasyon Boş Zamanı Değerlendirme. 4. Baskı. Ankara: Gazi Kitabevi.
12. Gümüş H, Işık Ö, Karakullukçu Ö,Yıldırım G. (2014). LeisureTime-PhysicalActivityConstraints at High Schools. International Journal of ScienceCultureandSport, 814-825.
13. Jackson EL. (1988). Leisureconstraints: A survey of pastresearch. LeisureSciences, 10, 203–215.
14. Jackson EL, Henderson K A. (1995). Genderbasedanalysis of leisureconstraints. LeisureSciences, 17, 31– 51.

15. Baş Aslan, U. (2003).Fiziksel aktivite düzeyinin farklı yöntemlerle değerlendirilmesi, Doktora tezi, Ankara; Hacettepe Üniversitesi, Sağlık Bilimleri Enstitüsü.
16. Savcı, S., Öztürk, M., Arıkan, H., İnal, İ. D., Tokgözoğlu, L. (2006).Üniversite öğrencilerinin fiziksel aktivite düzeyleri. Türk KardiyolDern. Arş., 34, 166-172.
17. Genç, A., Şener, Ü., Karabacak, H., Üçok, K. (2011) Kadın ve erkek genç erişkinler arasında fiziksel aktivite ve yaşam kalitesi farklılıklarının araştırılması.Kocatepe Tıp Dergisi. 12: 145-150.
18. Deniz, M. (2011). Yetişkinlerde fiziksel aktivite düzeyi ile sosyoekonomik durum arasındaki ilişkinin araştırılması.Yüksek lisans tezi, Bursa; Uludağ Üniversitesi, Sağlık Bilimleri Enstitüsü, Beden Eğitimi ve Spor Anabilim Dalı.