

ÜNİVERSİTE ÖĞRENCİLERİNİN SPORA KATILIM VE GENEL SAĞLIKLARINA DİKKAT ETME DÜZEYLERİNİN BAZI DEĞİŐKENLERE GÖRE İNCELENMESİ¹

INVESTIGATION AS SOME VARIABLE OF UNIVERSITY STUDENTS' PARTICIPATION LEVEL TO SPORT AND ATTENTION LEVEL TO GENERAL HEALTH

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ÖZET

Spor yapmak sağlıklı olmanın en önemli koşullarından birisidir. Bu arařtırmada üniversite öğrencilerinin hem spor yapma hem de genel sağlıklarına dikkat etme düzeyleri incelenmiştir. Arařtırmaya Mehmet Akif Ersoy Üniversitesi ile Süleyman Demirel Üniversitesinin farklı bölümlerinde öğrenim gören 177 üniversite öğrencisi katılmıştır. Verilerin toplanmasında arařtırmacılar tarafından geliştirilen ve 19 sorudan oluşan anket kullanılmıştır. Kullanılan anket basit tarama modeline göre geliştirilmiş ve daha önce herhangi bir arařtırmada kullanılmamıştır. Elde edilen verilerin analizinde SPSS 15.0 for Windows programında frekans ve ki-kare analizleri kullanılmıştır. Katılımcıların büyük bir bölümünün düzenli olarak kahvaltı, öğle ve akşam yemeđi yedikleri tespit edilmiştir. Katılımcıların büyük bir bölümünün cips, kola ve çikolata gibi ürünleri ara sıra tükettikleri bulunmuştur. Katılımcıların büyük bir bölümünün özel beslenme programı uygulamadıkları ve uyku düzenlerine ara sıra dikkat etmedikleri belirlenmiştir. Bunun yanında katılımcıların çoğunluğunun alkol ve sigara tüketme alışkanlıklarının bulunmadığı belirlenmiştir. Katılımcıların fiziksel ve ruhsal sağlıklarını olumsuz yönde etkileyecek davranışlardan uzak durdukları bulunmuştur. Ayrıca katılımcıların spor yapma alışkanlıklarının yaş gruplarına göre anlamlı farklılık göstermediđi ($p>0.05$), buna karşılık bayan öğrencilerin erkek öğrencilere göre sigara tüketme sıklıklarının düşük, spor yapma oranlarının ise daha yüksek olduđu tespit edilmiştir ($p<0.05$). Arařtırmaya katılan üniversite öğrencilerinin bazı sağlıksız davranışları bulunsa da, genel olarak sağlıklarına dikkat ettikleri tespit edilmiştir. Ancak arařtırmaya katılan öğrenci sayısı düşük olduđu için daha fazla öğrencinin katıldıđı çalışmalara ihtiyaç vardır.

Anahtar Kelimeler: Üniversite öğrencileri, spor, sağlık

ABSTRACT

Doing sport is one of the most important conditions of being healthy. In this research, university students' doing sport level and attention level to their health was investigated. 177 university students taking education Mehmet Akif Ersoy University with Suleyman Demirel University participated to research. Questionnaire form comprised of 19 questions developed by researchers were used in collection of data. Frequency and Chi-Square analyses in SPSS 15.0 for Windows package program were used in analysis of data obtained. It was established that majority part of participants have breakfast, lunch and dinner regularly. It was found that majority part of participants consume products such as chips, cola and chocolate sometimes. It was established that majority part of participants apply any specific nutrition program and don't attend their sleep pattern sometimes. In addition, it was established that participants keep away behaviors to be effect their physical and mental health negatively. Also, it was established that doing sport habit of participants isn't differentiated as age groups ($p>0.05$), notwithstanding, smoking habit of female students is lower than male students, doing sport habit is higher than male students ($p<0.05$). It was established even if there is some unhealthy behavior of students participating to research, they attend their health. But, researches that more students participate is required because students number participating this research is low.

Keywords: University students, sport, health

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INTRODUCTION

Sports is a phenomenon that involves movement and widening the social environment of individuals. Individuals have the opportunity to observe some social skills about how they behave in social environments through sports. Sports which includes action also supports motor skills (Yıldız & Çetin, 2018). In terms of conceptual aspects, the concept of sport can be defined as a phenomenon that is performed individually or as a team, enhances the physical, psychological, physiological and motor performance parameters, ensures that the individual is happy at the stage of performance and improves the health level. On the reason that sports phenomenon is closely related to physical, psychological and physiological health, it has been reported in the literature (Eraslan, 2016; Eraslan & Aydoğan, 2016; Eraslan, 2015; Eraslan, 2014; Eraslan et al., 2013; Caliskan & Eraslan, 2014; Eraslan & Çalışkan, 2014) that the effects of sports on both general health and psychological structure are discussed.

With the importance of protecting the health and the awareness of its value are on the agenda, especially nurses are considered to give education on health and have the chance to motivate individuals positive health studies (Kocaakman et al., 2010). Being healthy is the basic right of every human being and ensuring and sustaining this is the responsibility of the health personnel as well as the person's himself. So as to have health-improving behaviors, one needs to control himself, feel desire to achieve these behaviors. Because positive health behavior are supposed to be achieved and maintained to improve health. Therefore, it is important to investigate the health behaviors of university students and to support them in the topics they lack in terms of public health (İlhan ve et al., 2010).

Healthy lifestyle behavior consists of spiritual development, health responsibility, physical activity, nutrition, interpersonal relations and stress management (Cürçani et al., 2010). In recent years, it has been observed that there are many studies on the university students about healthy lifestyle behaviors, drawing their attention to health and attitudes towards sports (Akgün-Kostak et al., 2014; Göksel et al., 2017; İlhan et al., 2010; Kocaakman et al. , 2010; Özyazıcıoğlu et al., 2011). In this study, it was aimed to examine the level of attention of university students to participation in sports and their general health according to some variables.

MATERIAL AND METHOD

The screening model, which is commonly used in descriptive studies, was utilised in this study. A total of 177 university students studying at different departments of Mehmet Akif Ersoy University and Süleyman Demirel University in the 2014-2015 academic year participated in the study. The questionnaire developed by the researchers was used in the process of data collection. In the statistical analysis of data gathered in the study, frequency and chi-square analysis were used in PSS 15.0 for Windows program. The significance level was accepted as 0.05.

Table 1. Distribution of participants according to age and gender

Variable	Option	f	%
Gender	Female	136	77,3
	Male	40	22,7
	Total	176	100
Age	18-21 age	148	83,6
	22-24 age	24	13,6
	25 age and over	5	2,8
	Total	177	100

As shown in Table 1, 77.3% of the students included in the study were female, and 83.6% of the students were in the age group of 18-21.

Table 2. Frequency of having breakfast, lunch and dinner regularly of participants

Type of Meal	Option	f	%
Breakfast	Yes	124	70,5
	No	52	29,5
	Total	176	100
Lunch	Yes	89	50,3
	No	88	49,7
	Total	177	100
Dinner	Yes	151	85,3
	No	26	14,7
	Total	177	100

As seen in Table 2, it was found that the majority of the students participating in the study had a high frequency of having breakfast and having dinner on a regular basis, whereas almost half of the students included in the study had a habit of eating lunch.

Table 3. Skipping meal frequencies of participants

Skipping meal status	f	%
I never skip meal	25	14,1
I occasionally skip meal	133	75,1
I always skip meal	19	10,7
Total	177	100

As seen in Table 3, it was found that 75.1% of the students participating in the study occasionally skipped meals.

Table 4. Frequency of food consumption of chips, coke, chocolate etc. during the day

Frequency of consumption	f	%
I always consume	37	20,9
I occasionally consume	133	75,1
I never consume	7	4
Total	177	100

As seen in Table 4, 75.1% - a large portion of students participating in the study consume chips, cola, chocolate occasionally.

Table 5. Special dieting status of participants to avoid weight gain

Special dieting status	f	%
Yes	16	9
No	161	91
Total	177	100

As seen in Table 5, it was determined that almost all of the students participating in the study did not apply a special diet program so as not to gain weight.

Table 6. Findings related to sleep habits of participants

Sleep habits	f	%
I have regular sleep habits and I care about my sleep routine	34	19,2
I occasionally skip my sleep routine	101	57,1
I have no sleep routine	42	23,7
Total	177	100

As seen in Table 6, it was determined that the majority of the students participating in the study did not occasionally pay attention to sleep patterns.

Table 7. Distribution of participants according to smoking frequency

Smoking level	f	%
I never smoke	137	78,7
I occasionally smoke	20	11,5
I always smoke	17	9,8
Total	174	100

As seen in Table 7, it was determined that most of the students included in the study did not have smoking habits.

Table 8. Frequency of alcohol consumption of participants

Frequency of alcohol consumption	f	%
I never consume	140	80,5
I occasionally consume	32	18,4
I always consume	2	1,1
Total	174	100

As seen in Table 8, it was determined that most of the students participating in the study did not have habit of alcohol consumption.

Table 9. Treatment methods used by participants when they are ill

Methods applied	f	%
I try to be treated under control of the doctor	133	76,4
I never apply to any treatment method	21	12,1
I use medicine that my friends advise	20	11,5
Total	174	100

As seen in Table 9, it was determined that most of the students participating in the study were treated under doctor's control when they were ill.

Table 10. Levels of paying attention of participants to some health issues

Various health issues	Option	f	%
I try to avoid situations that would knock me out psychologically.	I agree	96	54,5
	I partly agree	67	38,1
	I disagree	13	7,4
	Total	176	100
I care about my health	I agree	123	71,1
	I partly agree	44	25,4
	I disagree	6	3,5
I take care of my body cleansing and have a shower regularly	Total	173	100
	I agree	164	93,2
	I partly agree	9	5,1
I don't like being in a smoking environment	I disagree	3	1,7
	Total	176	100
	I agree	119	68
I pay attention to whether the foods I consume are healthy or not	I partly agree	34	19,4
	I disagree	22	12,6
	Total	175	100
	I agree	83	47,2
	I partly agree	79	44,9
	I disagree	14	8
	Total	176	100

As seen in Table 10, it was determined that majority of the students included in the study avoided from their psychological conditions, they paid attention to their personal health, they paid attention to their body cleansing, they avoided the environment and they consumed healthy foods.

Table 11. Comparison of doing sports status of the participants according to the age groups

Age Group	Doing sports status	f	Chi-square	p
18-21	Always	17	x ² : 2,533	,639
	Occasionally	99		
	Never	32		
	Total	148		
22-24	Always	5	x ² : 2,533	,639
	Occasionally	15		
	Never	4		
	Total	24		
25 and over	Always	-	x ² : 2,533	,639
	Occasionally	4		
	Never	1		
	Total	5		

As shown in Table 11, it was determined that the students included in the study did not show statistically significant difference according to their age ($p > 0.05$).

Table 12. Comparison of the sporting status of participants according to the gender

Gender	Doing Sports Status	f	Chi-square	p
Female	Always	12	x ² : 8,231	,016
	Occasionally	93		
	Never	31		
	Total	136		
Male	Always	10		
	Occasionally	25		
	Never	5		
	Total	40		

As seen in Table 12, it was found that the frequency of doing sports was significantly higher in favor of female students ($p < 0.05$).

Table 13. Comparison of smoking frequency of participants according to gender

Gender	Smoking Frequency	f	Chi-square	p
Female	Always	114	x ² : 17749	,000
	Occasionally	13		
	Never	7		
	Total	134		
Male	Always	22		
	Occasionally	7		
	Never	10		
	Total	39		

As seen in Table 13, it was determined that male students had higher frequency of smoking compared to female students ($p < 0.05$).

DISCUSSION AND CONCLUSION

Students participating in the study occasionally skip their meals, occasionally do not pay attention to the sleeping routine and consume chips, cola, chocolate etc. Having occasional consumption habits is among the main factors affecting their health negatively. On the other hand, it was found that the level of paying attention to the health of students is high in terms of protecting both general health and psychological health. On the basis of the occasional consumption habits of students is likely to be occasionally skipping meals, occasionally not to pay attention to sleep routine and consuming chips, cola, chocolate, etc products can be the lifestyle experienced by participants. It was determined that the students participating in the study did not show a significant difference according to the age groups and the doing sports habits of the female students were higher. It can be considered that the emergence of this result lied in the fact that female students have more free time for sports. When compared with female students, it was found that male students had higher frequency of smoking. In many studies in the literature, it was found that the prevalence of smoking is high in favor of men (Goniewicz & Zielinska-Danch, 2012; Akkus et al., 2017; Guler et al., 2009). In this context, it can be said that the findings of the study were in parallel with the literature.

As a result, it was determined that university students had higher levels of paying attention to health, female students had higher frequency of participation in sports than male students and male students had higher prevalence of smoking than female students. In the literature, new studies on this subject are required among university students.

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