

## INVESTIGATION OF THE REASONS OF PARTICIPATION IN THE LEISURE TIME ACTIVITIES OF THE STUDENTS OF THE SCHOOL OF HEALTH SCIENCES

### SAĞLIK BİLİMLERİ FAKÜLTESİ ÖĞRENCİLERİNİN SERBEST ZAMAN ETKİNLİKLERİNE KATILIM NEDENLERİNİN İNCELENMESİ

Mesut HEKİM<sup>1</sup>

\*e-mail: [mhekim@mehmetakif.edu.tr](mailto:mhekim@mehmetakif.edu.tr)

<sup>1</sup>Mehmet Akif Ersoy Üniversitesi, Rektörlük Beden Eğitimi ve Spor Bölümü, Burdur, Türkiye

#### ABSTRACT

In this study conducted, it was aimed to examine the reasons of Mehmet Akif Ersoy University Faculty of Health Sciences students' participation in leisure activities. A total of 205 students who include 80 males and 125 females, participated in the study. "Reasons for Participating in Leisure Time Activities Survey" developed by Kalkan (2012) was used to determine the reasons for students' participation in free time activities. In the analysis phase of the obtained data, descriptive statistics were used with frequency analysis in SPSS 22.0 program. At the end of the research, it was determined that the main reason for the participation of students in leisure activities is their interest and appeal to them, the desire to get rid of stress and stress, to improve the health positively and to acquire new skills. The findings obtained in the study were found to be similar to the studies in the literature.

**Keywords:** Recreation, leisure time, university students

#### ÖZET

Yapılan bu arařtırmada Mehmet Akif Ersoy Üniversitesi Sağlık Bilimleri Fakültesi öğrencilerinin serbest zaman etkinliklerine katılım nedenlerini incelenmesi amaçlanmıştır. Arařtırmaya 80 erkek ve 125 kadın olmak üzere toplam 205 öğrenci katılmıştır. Öğrencilerin serbest zaman etkinliklerine katılım nedenlerinin belirlenmesinde Kalkan (2012) tarafından geliştirilmiş olan "Serbest Zaman Etkinliklerine Katılım Nedenleri Anketi" kullanılmıştır. Elde edilen verilerin analiz aşamasında SPSS 22.0 programında frekans analizi ile tanımlayıcı istatistiklerden yararlanılmıştır. Arařtırmanın sonunda öğrencilerin serbest zaman etkinliklerine katılım nedenlerinin başında ilgi alanı olması ve kendilerine hitap etmesi, sıkıntıdan kurtulma ve stres atma isteđi, sağlığı olumlu yönde geliştirme ve yeni beceriler edinme isteđinin geldiđi tespit edilmiştir. Arařtırmada elde edilen bulguların literatürde yer alan çalışmalar ile benzerlik gösterdiđi görülmüştür.

**Anahtar kelimeler:** Rekreasyon, serbest zaman, üniversite öğrencileri

**JEL CODE:** L83

#### INTRODUCTION

Participation in leisure activities has many physical, physiological, psychological and social benefits. Especially, leisure activities where physical activity is at the forefront affect people's lives positively in many ways. For this reason, it is seen that many studies have been conducted in which individuals who attended and did not attend physical activities in their leisure time were compared with their physical, psychological and social aspects (Eraslan, 2015a; Aydos & Kürkçü, 1997; Bayar, 2003; Eraslan et al., 2015; Düzgün & Baltacı, 2009).

Since leisure time activities benefit people in many ways, people tend to leisure activities for different purposes, activities such as sports, reading books, listening to music, traveling with friends and going to cinema and theater are the primary activities that especially, young

people prefer to evaluate their leisure time. (Hekim & Eraslan, 2015a; Yerlisu-Lapa & Ardahan, 2009; Hekim & Eraslan, 2015b; Yerlisu-Lapa & Ağyar, 2012; Sarbağ & Aksoy, 2011; Hekim & Eraslan, 2015c; Yağmur & January, 2013). In the studies in the literature, it is seen that people tend towards leisure activities due to reasons such as getting rid of the stress of life, making new friends and skills, evaluating their leisure time efficiently, improving the general health level and increasing the quality of life (Yerlisu-Lapa & Ardahan, 2009; Süzer, 2000). . In addition, it is stated in the studies conducted that university students put participation in leisure time activities on the second plan because they have a lesson-oriented lifestyle and cannot find enough time (Tütüncü et al., 2011; Mansuroğlu, 2002).

In the literature, it is seen that the reasons for the participation of people in the leisure activities are generally addressed in the studies in which people participate in the leisure activities and the reasons for the participation of the university students in the leisure activities are limited. Within the scope of this study, it was aimed to examine the reasons of participation of the students of the faculty of health sciences in leisure activities.

## **MATERIAL AND METHOD**

### **Research Group**

A total of 205 students, 80 male and 125 female, studying at the Mehmet Akif Ersoy University Faculty of Health Sciences in the 2019-2020 academic year participated in this research conducted. Findings regarding the gender and age groups of the students participating in the research are presented in the tables below.

**Table 1. Frequency and Percentage Distributions of University Students Participating in the Research According to Gender**

<b>Gender</b>	<b>f</b>	<b>%</b>
Woman	125	61,0
Man	80	39,0
<b>Total</b>	<b>205</b>	<b>100,0</b>

The university students participating in the research are 61% of women and 39% of men.

**Table 2. Frequency and Percentage Distribution of University Students Participating in the Research According to Age Groups**

<b>Age groups</b>	<b>f</b>	<b>%</b>
18-20 age	123	60,0
21-23 age	69	33,7
24 and over age	13	6,3
<b>Toplam</b>	<b>205</b>	<b>100,0</b>

The university students participating in the study are 60% of in the 18-20 age group, 33.7% in the 21-23 age group and 6.3% in the 24 and over age group.

## FINDINGS

The findings regarding the reasons for the participation of the students participating in the research in the leisure activities are presented in Table 3.

**Table 3. Average Scores Regarding Survey Items of Reasons for Participation in Leisure Time Activities of the University Students Participating in the Research**

Options	X	Ss
Being my area of interest, appealing to me	4,36	,872
The effect of those around me	3,42	1,029
The desire to be with my friends	3,79	,950
To positively affect my health	4,16	,899
Because of relaxing and increasing work efficiency.	3,94	1,013
The desire to get rid of monotony	3,96	,992
To get rid of boredom and relieve stress	4,19	,937
Acquiring new skills and using them	4,09	,973
Entering a new circle	3,70	1,101
Integration with nature	3,94	1,092
Feeling of loneliness	3,23	1,230
Being a good example to my family	3,67	1,227

While evaluating the scale mean it was evaluated 1.0-1.79 low level, 1.80-2.59 below medium level, 2.60-3.39 medium level, 3.40-4.19 above medium level, high between 4,20 and 5.0. While “being my area of interest, appealing to me” is seen as a high reason, while “the effect of those around me”, “the desire to be with my friends”, “to positively affect my health”, “the desire to get rid of monotony”, “ “desire to get rid of monotony”, “to get rid of boredom and stress”, “to acquire and use new skills”, “to enter a new environment”, “to integrate with nature” and “being a good example to my family” are seen as medium-level reasons, “feeling of loneliness” is seen as a moderate reason.

## DISCUSSION AND CONCLUSION

In the research, it was determined that the main reasons for the participation of the students of the faculty of health sciences in the leisure activities are being my area of interest, appealing to me, getting rid of boredom and stress, improving health, acquiring new skills and getting away from the monotonous lifestyle. In the literature, it is seen that similar studies on university students have reached similar results to the findings obtained in this research. In the study conducted by Yerlisu-Lapa & Ardahan (2009), it was determined that the primary reasons for university students to go for leisure activities are health, spending time with friends and having fun. In the study carried out by Sarbağ & Aksoy (2011) on university students and adult individuals, it was determined that the desire to learn new things and get rid of monotony was the primary reason for participation in free time activities. In another study conducted by Süzer (2000) on university students, it was found that students generally tend to leisure time activities for purposes such as acquiring new skills and socializing.

In conclusion, it was observed in this study conducted that the students of the faculty of health sciences tend to leisure activities for different purposes, and the reasons for the students’ orientation towards leisure activities are similar to the research findings in the literature. It can be said that new studies should be conducted on the subject in order to understand the reasons for participation of university students in leisure activities.

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