



## **Determination of Environmental Attitudes and Behaviors of having Picnic as an Outdoor Recreation Activity**

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### **Extensive Summary**

Today, the main actor in environmental problems is considered as human beings and a social-centric approach is accepted. Humans tend to destroy / harm the nature by being affected by the social transformation (Arıbaş & Yürüdü, 2015). The underlying idea of this trend is that people live as if natural resources will never run out and believe that nature has the capacity to constantly renew itself (Ceylan, 2019). Nature must be protected to ensure the continuity of all living things. In order to cope with environmental problems, it is necessary to extend the environmentalist individual tendency to a wider area (Otto, Evans, & Kaiser, 2019) and change people's attitudes and behaviors towards the environment.

Although industrialization is one of the main factors of negative environmental impacts (Jabbour & Santos, 2008), it is one of the main causes of radical changes in social life. The development of the concept of leisure time is one of the contributions of this process to social life. In the new social structure, individuals are directed to recreational activities for mental and physical relaxation, rest and escape. One of the environments where these recreational activities take place is natural resources and open spaces. Especially in recent years, demand for nature-based recreational activities has increased in western societies. While recreational activities in natural environments allow the participants to renew themselves; It can also create physiological, psychological, sociological, cultural, economic and environmental effects. These effects can be either positive or negative. Increasing demand for recreational activities that take place in nature may further increase the negative effects of these activities on the environment. In order to minimize such negative effects, conscious consumers and environmentally friendly practices are required first. Accordingly, individuals are expected to take into account environmental problems while performing recreational activities (Kement &

Güçer, 2015). The environmental attitudes and behaviors of individuals participating in recreational activities in natural areas are also a very important issue for the sustainability of these areas (Çetinkaya, 2015).

In order for individuals to have demands for recreational activities and to transfer the resources to the next generations without deterioration, such activities should be given importance. Increased recreational use is characterized as a threat to the attractiveness of advanced outdoor recreation areas (Kuss & Morgan, 1980). In this context, there are many scientific studies on the environmental effects of recreational activities in the relevant literature (Sun & Walsh, 1998). In addition, studies on environmental impacts ensure the effective development of natural resource management strategies and public policies on this issue (Thapa, 2010). In this study in Turkey in the most demanding outdoor activities with the picnics (Turkey Statistical Institute, 2014) environmental attitudes and behaviors of individuals who attended were examined. The sample group of this study, which was carried out to determine the environmental attitudes and behaviors of individuals who have a picnic as an outdoor recreation activity, consisted of 232 males and 144 females, totally 376 volunteers, selected by convenience and purpose-oriented sampling method. The study was carried out in the Düzlerçamı Promenade area within the boundaries of the Döşemealtı municipality, which is used for picnics intensively in Antalya province between the spring months of 2017 (March-May). Each questionnaire was filled face-to-face by the researchers for approximately 8-10 minutes. The New Environmental Paradigm Scale and Environmental Behavior Scale were used to measure the environmental attitudes and behaviors of the participants. In addition, the participant information form created by the researchers was used to determine the demographic characteristics of the participants. In the study, a 6-question personal information form was applied to determine the demographic characteristics of the participants and the information about participating in the picnic event. IBM SPSS Statistics 23 package program was used to analyze the data obtained in the study. Kolmogorov-Sminov normality test was performed to test the normality of the data set, Kurtosis and Skewness values were analyzed. As a result of the analysis, it was determined that Kurtosis and skewness values of the study data met the normality assumption +1 and -1 interval (Morgan, Leech, Gloecker, & Barrett, 2004).

As a result of the study, it was reported that the environmental attitude and behavior scores of the individuals who had a picnic as an outdoor recreational activity were moderate level and that various demographic features such as gender, age, education levels affect the

environmental attitude and behavior. In addition, there was a weak positive relationship between their environmental attitudes and behaviors. In addition, the environmental attitudes and behaviors of individuals participating in activities that are sensitive to nature in the outdoors are more consumer in nature and more positive than those who participate in activities with motor vehicles (Kil, Holland, & Stein, 2014). Within the framework of this structure, the picnic activity can be classified as a consumer activity that takes place in nature with its negative effects on nature (Zeidenitz, Mosler, & Hunziker, 2007) and it can be expected that the participants' attitudes and behaviors towards the environment will be negative.