A STUDY ON DETERMINING OF THE YOUNG’S PARTICIPATING LEVEL IN RECREATIONAL ACTIVITIES IN LEISURE TIMES

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EXTENSIVE SUMMARY

Technological improvements caused to reduce working hours, increase leisure time, and augment the level of education and earnings of people as well. As a result; demands for recreational activities are increased. Recreational activities have positive effects on social, psychological and physical status of people and increase self-confidence of people. Leisure is defined as time beyond which is required for existence, the things which we must do, biologically, to stay alive and subsistence, the things we must do to make a living (eating, sleeping etc.) it is the time to be used according to our choice (Brightbill, 1960).

When leisure is defined as free time, then recreation may be said to refer to activity carried out within that time (Kelly, 1990). Recreation is very important for human life due to its role on ones’ psychological and physical life. Thus it is important issue that it should be detected the available recreational activities and tendencies because the young should be healthy both mentally and physically. (Müderrisoğlu and Uzun, 2004). Recreation can provide the young’s personality development and their integration in the society out of school. Otherwise the young can perform perverted behaviors and can be member of illegal and unacceptable groups because he/she can’t play the role which appropriate to him and can’t take place in elder’s world (Kılbaş, 2004).

This study was conducted in the capital of Turkey, Ankara. With the questionnaire technique, the data were collected from 300 students who are studying in universities and high schools in Ankara and whose age ranges are among 15-25. All the participants were chosen randomly. The questionnaire occurs from demographic variable such as gender, age, education, and with 5 likert scale, the frequency of participation in some activities such as reading book, magazine, watching TV, shopping, going to cinema etc. were measured. The student groups consist of 200 university students and 100 high school students. For entering and interpreting the data, SPSS v.19 (Statistical Package for The Social Sciences) statistical program was used. From 300 surveys, all of them were convenient for assessment.

It was determined that 114 of the participants (38.2%) were male and 186 of them (62.2%) were female. While 124 of the participants were 15-19 range age (41,3%), 176 of the participants were 20-25 range age (58,7%). There was certain amount of distribution of students according to educational status. 100 of participants were senior high school students and 200 of the participants were university students. In all age groups, while in 15-19 age group categories, 24 of the participants were university students and the others are senior high school students; in 20-25 age groups categories, 176 of participants were university students. The hypotheses of this study are:
H1: There is a significance difference between respondents’ education status and with whom they participate in recreational activities

H2: There is a significant difference among respondents in participating in sportive recreational kinds according to gender

H3: There is a significant difference among respondents in participating frequency of recreational activities according to gender

H4: There is a significant difference among respondents in participating frequency of recreational activities according to educational status

With independent t test, it has been detected that there is significant difference among respondents in participating in some recreational activities according to gender and educational status. Namely hypotheses H3 and H4 are partly accepted. According to gender, women were more inclined to reading book, magazine and newspaper than men but, Men were more inclined to joining natural sport event, watching sport match alive, doing sport, and playing computer games than women. According to education status, while university students were more inclined to reading book, magazine and newspaper than high school students; high school students were more inclined to joining natural sport, joining social activities, watching alive sport match, walking, doing sport, listening music, watching TV, going to entertainment places, joining cultural and scientific activities, playing computer games than university students (p<0,05).

With chi square test, it was determined that 248 participants were valid and 52 participants were missing. Men (45%) were playing mostly football and women were playing mostly volleyball (37.6%). Men were choosing ski at the very least, in the same way women were playing ski at the very least as well. H3 was accepted. There is significant difference among respondents in participating sportive recreational kinds according to gender (p<0,05). According to analyses results, it was detected that %68.32 of the respondents participate in recreational activities with friends, %19 of them participate in recreational activities alone and % 12 of the respondents participate in recreational activities with their family. According to education status, it was detected that %49 of the high school students participate in recreational activities with their friends, but this rate for university students is %78, and %36 of the high school students participate in recreational activities alone, this rate for university students is %10.5 (p<0,05). There is a significance difference between participants’ education status and with whom they participate in recreational activities. H1 was accepted.