

LEISURE ASSESSMENT DURING PANDEMIC RESTRICTIONS PROCESS IN TURKEY

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As in the world, the negativities of the Covid 19 pandemic were felt seriously in Turkey. Social areas such as schools, restaurants, picnic areas, parks and gyms were closed after March 11, 2020, when the virus was first seen in Turkey. The government noticed the public to stay home. Online and distance education system started to be implemented in education. Especially serious measures have been taken for young people and individuals over the age of 65. During this period, it was observed that the people were doing sports in isolated areas such as balconies and gardens of their homes. At the beginning of the summer of 2020, the first wave started to ease, however, some restrictions and measures were lifted or eased.

With the pandemic, it has been observed that life style habits change, especially by watching television, spending time on the internet, dealing with daily chores, sleeping, spending time with their children and different physical activities (yoga, pilates, meditation). With the easing of restrictions after the first wave, there has been an increase in participation in water sports, especially in seaside areas, and in camping and outdoor sports in other regions. During this period, sports activities were allowed, provided that the mask, cleaning and distance rules were observed.

At the end of 2020 and early 2021, the length of stay at home tended to increase significantly, with the rate of spread of the virus and mutations. The Ministry of Health first decided to close partially in order to prevent the increasing cases and the rate of spread. When the increase in the number of cases and deaths could not be prevented, the government decided to close it completely. I planned a small investigation to determine the situation before the full closure. I analyzed social media posts, observed the environment, and conducted a limited survey. In general, I have seen that life style habits that can be evaluated as positive and negative are formed. Negatively expressed are increasement in TV and internet addiction, change in eating habits (obesity), anxiety and unhappiness; Expressed as positively are reading more books, spending more time with spouse and children, and dealing with personal development. In terms of physical activity, it was observed that individual sports such as cycling, tennis, walking and

During the stay at home, government agencies invited the public to physical activity by organizing digital training and events. Universities have planned activities to prevent sedentary and monotonous life by publishing physical activity guides to do at home on their corporate web pages. In times of restriction, some local governments organized outdoor activities such as rock climbing and trekking, provided that they obey the rules. All of these can be considered as efforts to distract the public from negative psychological effects such as anxiety, hopelessness and unhappiness, and to motivate the public for physical activity in leisure.

As a result, the Turkish people try to adapt to all the measures taken, even if it is difficult. Particularly during periods of rapid increase in cases and deaths, the government appreciated that individuals over 65 and young people obeyed the stay home notice. With the restriction of staying at home, adaptation to digital life has started to increase. It has been reported that with the exercises done at home, interest in nature begins to increase. However, it is expected that physical activity at home will become widespread during the full closure process, which started on April 29, 2021 and will last 17 days without interruption. At the end of this process, an intense eager to be in nature is expected.

