



## Üniversite Öğrencilerinde Serbest Zaman Yönetimi, Serbest Zaman Egzersiz Katılımı ve Psikolojik İyi Oluş Arasındaki İlişkilerin İncelenmesi

### ÖZ

Bu araştırmanın amacı, üniversite öğrencilerinde serbest zaman yönetimi, serbest zaman egzersiz katılımı ve psikolojik iyi oluş arasındaki ilişkilerin incelenmesidir. Çalışmaya Akdeniz Üniversitesi Spor Bilimleri Fakültesinde eğitim gören 100 kadın ve 110 erkek olmak üzere toplam 210 öğrenci katılmıştır. Çalışmada öğrencilerin serbest zaman yönetim düzeylerini ölçmek için "Boş Zaman Yönetimi Ölçeği", serbest zaman içerisinde egzersiz aktifliğini ölçmek amacı ile "Serbest Zaman Egzersiz Anketi" ve psikolojik iyi oluşlarını tespit etmek amacıyla "Psikolojik İyi Oluş Ölçeği" kullanılmıştır. Verilerin analizinde, Pearson korelasyon analizi ve basit doğrusal regresyon analizi yapılmıştır. İlişkileri ortaya koyabilmek için yapılan korelasyon analizi sonucu; serbest zaman yönetimi ve serbest zaman egzersiz katılımı arasında, serbest zaman yönetimi ve psikolojik iyi oluş arasında ve serbest zaman egzersiz katılımı ile psikolojik iyi oluş arasında pozitif doğrusal ilişki olduğu saptanmıştır. Regresyon analizi sonucu; serbest zaman yönetiminin serbest zaman egzersiz katılımını ve psikolojik iyi oluşu ve serbest zaman egzersiz katılımının psikolojik iyi oluşu anlamlı düzeyde açıkladığı görülmektedir. Sonuç olarak, serbest zaman yönetimi serbest zaman egzersiz katılımını ve psikolojik iyi oluşu, serbest zaman egzersiz katılımı ise psikolojik iyi oluşu anlamlı düzeyde açıklamaktadır. Bu sonuca göre serbest zamanını iyi yöneten bireylerin, serbest zaman egzersiz katılımları ve psikolojik iyi oluşlarının artmakta olduğu söylenebilir.

**Anahtar Kelimeler:** Serbest Zaman Yönetimi, Egzersiz, Öğrenci, Psikolojik İyi Oluş

## Examination of The Relationship Between Leisure-Time Management, Leisure Exercise Participation and Psychological Wellbeing in University Students

### ABSTRACT

The aim of this study was to determine the relationship between leisure time management, leisure exercise and psychological well-being of university students. This research was conducted with relational screening method. 100 women and 110 men participated in this study making a total of 210 students. In this study, "Free-time Management Scale" was used to measure the level of leisure time management, "Leisure Exercise Questionnaire" was used to measure level of being active during leisure and "Psychological Well-Being Scale" was used to measure the psychological well-being of participants. In data analysis, Pearson correlation coefficient and simple linear regression analysis were used. Positive linear relationships were obtained between leisure time management and leisure exercise participation, leisure time management and psychological well-being and leisure exercise participation and psychological well-being. According to the results, it is observed that, leisure-time management explains leisure exercise participation and psychological well-being and leisure exercise participation explains psychological well-being significantly. Leisure-time management predicts leisure exercise participation and psychological well-being and also leisure exercise participation predicts psychological well-being significantly. According to the results, the level of leisure exercise participation and psychological well-being are expected to be higher in the individuals who manage their leisure time more efficiently.

**Key Words:** Leisure-time Management, Exercise, Students, Psychological Wellbeing

## INTRODUCTION

The increase in the leisure time in 20th century provided an increase in academic studies dealing with leisure activities, the efficient usage and the utilization of leisure time<sup>1</sup>. Although there are recent studies concerning time management<sup>2,3</sup>. The studies concerning leisure-time management are relatively smaller in number. However, due to the increase in the importance given in leisure-time and the differences of the characteristics of leisure time<sup>4</sup>, the concept of leisure-time management should be more emphasized. When the literature was examined, it was found out that leisure-time could be used in a healthy way or vice versa. In time management, determination of targets and priorities, planning, organization, saving techniques and attitude towards time are crucial<sup>5</sup>. In this study the authors reported that due to the time spend more in internet environment, the other activities were allocated less time. Individuals who can manage their leisure time efficiently are able to participate in leisure activities more. Furthermore, there are studies presenting findings about leisure time-management and quality of life and positive psychological perceptions<sup>6,7</sup>. Karaküçük (2004)<sup>8</sup> tried to emphasize the efficient usage of leisure-time by comparing leisure-time with a double-edged sword. Efficient management of leisure time may contribute positively to development for individuals and the society, meanwhile the inefficient management of leisure time may cause problems.

When we consider the contribution of efficient leisure time management to individuals, one of the aspects is positive psychological perceptions. There is evidence in the literature that efficient leisure management is related positively with psychological well-being<sup>7</sup>. After the second half of 1900s, the concept of psychological well-being was introduced which was defined as the outweighing of positive feelings over negative feelings<sup>9</sup>. By nature, human beings possess both positive and negative feelings. The essential point in the notion of psychological well-being is experiencing positive feelings more frequently, on the contrary living through negative feelings created by concern, stress or concern less often. Recently this concept attracted attention from academics and studied often<sup>10-12</sup>. Among the researchers studied psychological well-being 13-16 a model was developed by Ryff (1989)<sup>14</sup> which explains psychological wellbeing in six dimensions:

Positive relationship with others: Developing, maintaining close relationship with people, establishing empathy and feeling the happiness together with people.

Autonomy: Exhibiting selfhood in social environments and developing thinking and showing behaviours according to individual standards even under social pressure.

Environmental Mastery: The ability of the individual to shape his/her environment and meeting his/her own needs.

Personal Growth: Realizing the capacity of self-development, to be open to new experiences for improving personal skills.

Purpose in Life: Having objectives during lifetime which are meaningful to them

Self-acceptance: Self-approval of individuals and developing positive attitudes towards themselves<sup>17</sup>.

Individuals make an effort to achieve a good life and shape this good life with welfare and happiness<sup>18</sup>. When it is considered that leisure provides the best opportunity for individuals to realize the things they want to do, for achieving happiness, welfare and pleasure they should manage this time period as good as possible<sup>19</sup>. For increasing their life quality, individuals must manage leisure time efficiently and in a healthy way. Among leisure preferences, exercise participation is an important choice. When the research findings were examined, evidence showing the affect of leisure exercise participation on psychological well-being could be observed<sup>7,20,21</sup>. In some studies individuals participating in physical activities during leisure time showed higher levels of psychological wellbeing<sup>22</sup>. In the light of above-mentioned studies, the aim of the study is examining the relationship between leisure-time management, leisure exercise participation and psychological well-being in university students and to reveal their effects on each other.

## **MATERIALS AND METHODS**

### **Research Model**

The study is designed with a quantitative approach and according to data collection the research is a cross-sectional research. As the aim of the study is to define the relationship between variables and make predictions according to the relationships, the model of the study is relational screening model.

### **Participants**

100 women (Meanage=20.84±2.09) and 110 men (Meanage=21.55±2.74) making a total 200 university students attending to Akdeniz University Faculty of Sport Sciences in 2016-2017 participated in the study.

### **Data Collection Tools**

In this study "Free time Management" scale developed by Wang et al. (2011)<sup>5</sup> and adapted Turkish by Akgül and Karaküçük (2015)<sup>4</sup> was used in order to measure the leisure time management of students. In Validity analyses, 4 factors explaining the 61% of variance were found. The number of items was 15. Goodness of fit indexes validated the factor structure (RMSEA=0.056; S-RMR=0.076; CFI=0.97; GFI=0.90 and RFI=0.87). Cronbach's alpha level was 0.83 and test re-test reliability was 0.86. In this current study the Cronbach's alpha level was found as 0.84. For measuring the physical activity levels of students in leisure time, "Leisure Exercise Questionnaire" developed by Godin and Shephard (1985)<sup>24</sup> adapted to Turkish by Yerlisu Lapa and Yağar(2015)<sup>25</sup> was used. Additionally, Psychological Well-Being Scale developed by Diener et al.(2009)<sup>16</sup>, Diener et al. (2010)<sup>16</sup> and adapted to Turkish by Telef (2013)<sup>23</sup> was used in order to measure the psychological well-being of the students. In this current study the Cronbach alpha coefficient was found as 0.83.

### **Statistical Analysis**

In order to test normality assumption; Kolmogorov-Smirnov test was applied, and Skewness and Kurtosis values were examined. For data analysis, Pearson Correlation and Simple Linear Regression tests were used. Significance level was taken as .01.

## FINDINGS

**Table 1.** The Correlations Between Leisure-Time Management, Leisure Exercise Participation and Psychological Well-Being of Participants

Variables	1	2	3
Leisure-time Management Levels (1)	-		
Leisure exercise participation (2)	r = .206*	-	
Psychological well-being levels (3)	r = .356*	r = .250*	-

\*p< .01

When Table 1 is examined, leisure-time management showed positive correlation with leisure exercise participation (r=.21; p<.01) and psychological well-being (r=.36; p<.01). Leisure exercise participation showed positive correlation with psychological well-being (r=.25; p<.01).

**Table 2.** Regression Results of The Relationships Between Leisure-Time Management, Leisure Exercise Participation and Psychological Well-Being and Psychological Well-Being

Variable	Standard		R	R2	β	t	F
	B	Error					
Leisure-time management Leisure exercise participation	8.24	2.70	.206	.043	.206	3.04*	9.24*
Leisure-time management Psychological well-being	4.16	.757	.356	.127	.356	5.50*	30.25*
Leisure exercise participation Psychological well-being	.073	.020	.250	.062	.250	3.72*	13.81*

\*p< .01

According to the simple linear regression results in Table 2, leisure-time management is positively predicting leisure exercise participation significantly (R=.21, R2=.043, F=9.24, p<.01). When R2 is considered, leisure time management explains 4.3% of the variance in leisure exercise participation.

Another variable that leisure-time management positively predicts is psychological well-being. (R=.36, R2=.127, F=30.25, p<.01). When R2 is considered, leisure time management explains 1.27% of the variance in psychological well-being.

The contribution of leisure exercise participation in psychological well-being was also calculated (R=.25, R2=.062, F=13.81, p<.01) and according to the results leisure exercise participation explains 6.2% of the variance in psychological well-being.

## DISCUSSION

According to the results of this study it could be concluded that leisure time management predicts leisure exercise participation and psychological wellbeing; leisure exercise participation predicts psychological wellbeing significantly. The results indicate that individuals that can manage their leisure time efficiently can increase their leisure exercise participation and psychological well-being.

Leisure exercise participation predicted psychological wellbeing significantly. In a study by Edwards et al. (2005)<sup>22</sup>, individuals participating in physical activity had

higher levels of psychological well-being than non-participants. Lloyd and Little (2010)<sup>20</sup> made a longitudinal study on a sample consisting of women and found out that physical activity participation increased psychological well-being of women participants. Ma et al. (2012)<sup>26</sup> conducted a study on university students in Taiwan and detected that leisure negotiation levels contributed positively on psychological well-being. Hung and Lee (2013)<sup>21</sup> proved in their research that participating in leisure physical activity had relationship with psychological well-being, welfare and feeling of achievement. The abovementioned research showed parallel results with our study and indicated that physical activity participation affected psychological well-being positively.

In the current study, according to another conclusion leisure time management levels predicted leisure exercise participation and psychological well-being. In their study on ethnical groups, Iwasaki et al. (1998)<sup>27</sup> found out that leisure time was both a cause and a psychological well-being. With right purposes and by constructive management of leisure time was related with psychological well-being. Searle et al. (1998)<sup>29</sup> conducted a study on elderly individuals and proved that leisure education and participating in recreative activities increased psychological well-being. Searle et al. (1998)<sup>29</sup> repeated the study they had made in 1995 in order to see if the results had changed or not and observed that the results of the first study were still valid<sup>30</sup>.

In this current study, leisure exercise participation showed to contribute positively to psychological well-being. In the related literature, there are studies showing that leisure exercise participants had higher psychological well-being<sup>22,20,26,21</sup>. There are also studies indicating that leisure exercise participation contributes to the psychological levels of individuals<sup>20,26,21</sup>. According to Mannell (2007)<sup>30</sup> studies show that managing leisure time efficiently contributes positively to psychological well-being.

In conclusion, leisure time management significantly predicts leisure exercise participation and psychological well-being and leisure exercise participation contributes positively psychological wellbeing. The efficient management of leisure time is expected to increase leisure exercise participation and contribute positively to psychological well-being of individuals.

One of the limitations of the study was the size and representation of the sample. A sample representing the university students of Turkey would enable us to make generalizations. Additionally, in order to validate the results of the study concerning the relationship between variables studied, different samples such as elderly people, adolescents, disabled people, women could be studied. Besides the concept of psychological well-being other psychological or wellbeing concepts could be put into relationship with leisure time management.

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