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Campus Recreation: Investigating the Relationship between Leisure Constraints and Involvement*

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Abstract

The aim of this study was to determine the relationship between the factors that may prevent individuals participating in campus recreation activities organized in different branches by the Sakarya University Directorate of Health, Culture and Sport, their leisure involvement levels and the differences between the participants in terms of variables. In the study, field research method and general survey model as the quantitative research methods were used. A total of 230 volunteers, 152 males ($\bar{X}_{age}=23.76\pm5.74$) and 78 females ($\bar{X}_{age}=22.80\pm5.10$) participated in the study. The Leisure Constraints Scale (LCS) to determine the leisure time barriers of the participants, The Leisure Involvement Scale (LIS) to determine their level of interest, and a questionnaire form to determine demographic characteristics in the last section were used as data collection tools in the study. Independent simple t-test and one-way analysis of variance (One-way ANOVA) were used for the analysis of the data obtained by face-to-face questionnaire technique in order to reveal the differences between variables. The correlation analysis was used to reveal the relationships between variables. Findings revealed a low level positive significant relationship between the sub-dimensions of centrality and identity expression of LIS, and the Lack of partners sub-dimensions of LCS. Consequently, the removal or minimization of the constraints can increase the frequency and involvement levels of individuals in activities. Our result suggest that the university could make practices to increase the level of involvement of individuals in campus life and eliminate the factors that prevent participation and enable individuals to spend efficiently their leisure times.

Keywords: Campus recreation, leisure, constraints, involvement

Kampüs Rekreasyonu: Serbest Zaman Engelleri ve İlgilenimi Arasındaki İlişkinin Araştırılması

Öz

Çalışma, Sakarya Üniversitesi Sağlık, Kültür ve Spor Dairesi Başkanlığı tarafından farklı branşlarda düzenlenen kampüs rekreasyon etkinliklerine katılan bireylerin etkinliklere katılımlarında engel oluşturabilecek faktörler ile onların serbest zaman ilgilenim düzeyleri arasındaki ilişkilerin belirlenmesi ve değişkenler açısından katılımcılar arasındaki farklılıkları tespit etmek amacıyla gerçekleştirilmiştir. Araştırmada nicel araştırma yöntemlerinden, alan araştırması yöntemi ve genel tarama modelinden yararlanılmıştır. Araştırmaya 152 erkek ($\bar{X}_{yaş}=23.76\pm5.74$) ve 78 kadın ($\bar{X}_{yaş}=22.80\pm5.10$), toplamda 230 kişi gönüllü olarak katılmıştır. Araştırmada veri toplama aracı olarak, katılımcıların serbest zaman engellerini belirlemek için Serbest Zaman Engelleri Ölçeği (SZEÖ), ilgilenim düzeylerini belirlemeye yönelik Serbest Zaman İlgilenim Ölçeği (SZİÖ) ve son bölümde ise demografik özellikleri belirlemeye yönelik sorulardan oluşan bir anket formu kullanılmıştır. Yüz yüze anket tekniğiyle elde edilen verilerin analizinde, değişkenler arasında farklılıkları ortaya koymak amacıyla bağımsız gruplar t testi ve tek yönlü varyans analizi kullanılmıştır. Değişkenler arasındaki ilişkilerin belirlenmesi amacıyla korelasyon analizinden faydalanılmıştır. Bulgular SZİÖ'nin alt boyutlarından önem verme ve kendini ifade boyutları ile SZEÖ'nin alt boyutlarında arkadaş eksikliği alt boyutu arasında düşük düzeyde pozitif anlamlı bir ilişki olduğu tespit edilmiştir. İlgili bulgular ışığında, engellerin ortadan kaldırılması veya minimuma indirilmesi bireylerin faaliyetlere katılım sıklığını ve ilgilenim düzeylerini arttıracığı sonucuna ulaşılmıştır. Üniversitenin bireylere kampüs yaşamı içerisinde onların ilgilenim düzeylerini yükseltecek ve katılma engel teşkil eden faktörleri ortadan kaldırmaya yönelik uygulamalar yapması ve bireylerin serbest zamanlarını verimli biçimde değerlendirmelerine imkan sağlaması gerektiği ifade edilebilir.

Anahtar Kelimeler: Kampüs rekreasyonu, serbest zaman, engeller, ilgilenim.

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INTRODUCTION

The phenomenon of time, which has been seen as one of the most valuable resources of human beings since the beginning of history, is a very broad concept that cannot be returned, accumulated or leased. Time, which has an active role in shaping individual life, is defined as "The period in which an action, an act or occurrence passed, passes or will pass, the beginningless and infinite abstract concept that helps to enumerate the occurrences" (Karaküçük, 1997). Depending on the importance attributed to working time and work-related responsibilities of individuals within a limited life span, leisure is conceptualized as the remaining time from basic needs and other compulsory behaviors (Hazar, 2003).

Activities in which the individual participates in the free time are defined as leisure activities. In such activity choices, individuals are prone to activities in which they can be mentally, physically and spiritually fit. As it is known that leisure activities enable individuals to be physiologically and psychologically healthy and to establish social relationships (Chang, 2016; Yau & Packer, 2002), it is possible to express that they also provide positive benefits in terms of happiness, peace and satisfaction. Therefore, it can be emphasized that activities which provide positive benefits to individuals are important in each period of our lives. However, individuals face some constraints while participating in these activities. These constraints differ from individual to individual. In general, it is observed that time, income and social environment variables are the main constraints for leisure (Öcal, 2012).

Furthermore, it is possible to say that individuals choose activities according to their involvements while participating in leisure activities. Exercise as a leisure activity is a set of physical activities that allow individual development and fitness in terms of physiological, psychological and sociological aspects and vary depending on the level of involvement of the individuals (Havitz & Howard, 1995; Konter, 2013). In this context, the concept of involvement qualifies as

unobserved involvement, arousal, a motivating factor which reason can vary and a situation that is activated by a specific stimulus (Kerstetter & Kovich, 1997; Laurent & Kapferer, 1985; Mitchell, 1979). The involvement has been first considered by leisure time researchers in the mid-1980s to determine and examine the relationships between the level of involvement in society's choices of leisure activities (Havitz & Mannell, 2005). Since involvement requires high motivation, it reveals the behavior of participating in activities that the individual has previously participated in (Eskiler & Karakaş, 2017). Thus, it can be stated that the activities which the individual has participated in before and that they will participate in the future are related to the individual's involvement and motivation. When the individual participates in the activity, he/she is interested in, he/she feels more mentally and physically fit and participates in the society as more useful and productive individuals (Aydın & Yaşartürk, 2017). Thus, we can emphasize that leisure activities are important in each period of individuals' lives.

Leisure activities intertwined with social life attract the attention of individuals from all walks of life and all ages, and influence on mostly young people. Planning and realization of leisure activities and the establishment of necessary facilities and equipment, infrastructure can be provided by responsible public institutions and organizations as well as civil society organizations. Universities have serious responsibilities in developing and organizing areas where young people can regularly and collectively perform their leisure activities (Balci, 2003). As an institution, universities are a tool that reflects the culture of the society. Universities also play an important role in ensuring that young people spend productively their leisure time with high quality, raising them as individuals who are more beneficial to the society, teaching them to be happy and working in cooperation. Planning leisure time activities for young people and ensuring their participation in the activities, helping individuals who cannot participate in activities and trying to minimize the

constraints are among the main responsibilities of university administrations. In this context, the aim of this study was to examine the relationship between the factors that may prevent the individuals participating in activities organized within the framework of campus recreation activities and their level of involvement, together with demographic variables.

METHOD

In this study, field research method as the quantitative research methods and general survey model as a research model were used.

Participants and Procedures

The sample of this study consisted of the individuals who participated in the Meşeli-Dağyoncalı Trekking organized by the Sakarya University Directorate of Health, Culture and Sport on 07 April 2018 and participated in the recreational activities held in different branches (Football, Volleyball, Basketball, Street Basketball, Table Tennis,

Court Tennis, Billiards, Chess and Backgammon) at the Sports Festival between 24-26 April 2018. The sample of the research consisted of people who accepted to participate in the study on a voluntary basis among the participants of the activities. The judgement sampling method, which is a technique in which the researchers judicially determine the people whom they believe will find the answer to the research problem, was used in the sample selection (Altunışık et al. 2012). Necessary permissions were obtained for the application of the questionnaires to participants, and the questionnaires were obtained by the researcher using a face-to-face questionnaire application method. A total of 350 surveys were reproduced and applied to individuals participating in recreational activities. The participants consisted of 66.1% of male (n=152; $\bar{X}_{age}=23.76\pm 5.74$) and 33.9% of female (n=78; $\bar{X}_{age}=22.80\pm 5.10$). The frequency and duration of the individuals' participation in leisure activities were shown in Table 1.

Table 1. Frequency and Duration of Participation in Leisure Activities

Variables	f	%
Frequency and duration of participation in leisure activities		
Yes	157	68.3
No	73	31.7
Frequency of participation		
5 days a week or more	10	6.0
3-5 days a week	39	23.2
1-2 days a week	73	43.5
1-2 days a month	33	19.6
Less than 1 day per month	13	7.7
Duration of participation		
30 minutes and less	14	8.3
Up to 31-60 minutes	87	51.8
61 minutes and more	67	39.9

Data Collection Tools

In the first part of the prepared questionnaire form, LCS was used to determine the barriers faced by the participants while participating in leisure activities. The measurement tool was developed by Alexandris and Carrol (1997), adapted to Turkish by Gürbüz and Karaküçük (2007), and the factor structure was retested by Gürbüz et al. (2012) with confirmatory factor analysis and consisted of a total of

eighteen items and six sub-dimensions. Sub-dimensions were individual/psychological, lack of knowledge, facilities, lack of partners, time and lack of interest. The items of the scale used were listed from 1 to 4 from "not important" to "very important". Cronbach Alpha reliability coefficients for the scale sub-factors ranged from 0.65 to 0.86, while it was calculated as 0.85 for the whole scale (Gürbüz et al. 2012). The internal consistency

coefficient calculated on the data collected in this study was $\alpha=.854$.

In the second part of the questionnaire, LIS was used to determine the leisure involvement level of the participants. The measurement tool was developed by Kyle et al. (2007) to better understand and measure the level of leisure involvement of individuals in all dimensions. Adaptation studies of the measurement tool were performed by Gürbüz et al. (2015) and it was determined that it was a valid and reliable measurement tool for Turkish culture. As a result of this study; five sub-dimensions consisting of three expressions were defined as attraction, identity expression, centrality, identity affirmation and social bonding. The high average score obtained from the relevant sub-dimensions indicated a high involvement level and low mean score indicated a low involvement level in the relevant dimension. The scale was a 5-point Likert type scale graded as "1=Strongly Disagree, ..., 5=Strongly Agree". When the study of Kyle et al. (2007) is examined, the relevant measurement tool can be used for different

recreational activities (Eskiler & Karakaş, 2017).

In the last part of the questionnaire, there was a personal information form. In this form, there were questions about the gender, age, participation in leisure activities and frequency of participation.

Data Analysis

SPSS 20.0 package program was used to analyse the data obtained from the participants. Considering the skewness and kurtosis values of the collected data (Büyüköztürk, 2016), parametric tests were used to analyse the data after determining that the data had a normal distribution (Table 2, 3). Descriptive statistical analysis (mean, frequency, percentage, standard deviation, etc.) were used to determine the answers given to the measurement tools used in the study and the demographic information of the participants. Independent sample t-test and One-way ANOVA were used to reveal differences between variables. Correlation analysis (Pearson Correlation) was used to determine the relationships between variables.

Table 2. Descriptive Analysis Regarding Sub-dimensions of Leisure Constraints

Sub-dimensions	\bar{X}	SD	α
Individual/psychological	2.73	1.10	.805
Lack of knowledge	3.19	1.17	.840
Facilities	3.33	1.16	.821
Lack of partners	2.98	1.13	.798
Time	3.11	.97	.626
Lack of interest	2.65	1.11	.795

When the mean scores of LCS was examined in Table 2, the sub-dimensions of the facilities ($\bar{X}=3.33$), lack of knowledge ($\bar{X}=3.19$) and time ($\bar{X}=3.11$) had the highest mean scores and were followed by lack of partners ($\bar{X}=2.98$), individual/psychological ($\bar{X}=2.73$)

and lack of interest ($\bar{X}=2.65$), respectively. When Cronbach's Alpha value was examined, the variables were at an acceptable level of reliability ($\alpha>.60$) (Peter, 1979).

Table 3. Descriptive Analysis of Leisure Involvement Sub-Dimensions

Sub-dimensions	\bar{X}	SD	α
Attraction	3.85	.815	.852
Centrality	3.09	.945	.816
Social bonding	3.60	.783	.603
Identity affirmation	3.63	.806	.723
Identity expression	3.54	.835	.726

When the LIS mean scores of the variables were evaluated in Table 3, the mean of all the sub-dimensions was above 3. The values were attraction (\bar{X} =3.85), identity affirmation (\bar{X} =3.63), social bonding (\bar{X} =3.60), identity expression (\bar{X} =3.54) and centrality (\bar{X} =3.09) sub-dimensions, respectively. When Cronbach's Alpha values were examined, the variables were at acceptable ($\alpha>.60$) reliability level (Peter, 1979).

RESULTS

In this part of the study, analysis results and findings of the variables were summarized.

In Table 4, there was a statistically significant difference in terms of gender in the sub-

dimension of time of LCS ($t=-2.12$, $p<.05$). Our results showed that female (\bar{X} =3.30) participants perceived more lack of time than males (\bar{X} =3.02). Moreover, there was no significant difference in terms of gender in other sub-dimensions of LCS ($p>.05$). Furthermore, there was a significant difference in terms of gender between the level of centrality sub-dimension of the LIS ($t=2.93$, $p<.01$). As a result, it can be stated that female participants (\bar{X} =2.83) had a lower level of centrality than males (\bar{X} =2.21). However, there was no significant difference in terms of gender in other sub-dimensions of the LIS ($p>.05$).

Table 4. Analysis of Differences between gender-related the Sub-dimensions of Leisure Constraints and Involvement

	Variables	Gender	\bar{X}	t	p
Leisure Constraints	Individual/ psychological	Male	2.67	-1.007	.315
		Female	2.83		
	Lack of knowledge	Male	3.17	-.417	.677
		Female	3.24		
	Facilities	Male	3.34	.134	.894
		Female	3.32		
	Lack of partners	Male	2.95	-.615	.539
Female		3.05			
Time	Male	3.02	-2.116	.035*	
	Female	3.30			
Lack of Interest	Male	2.64	-.170	.865	
	Female	2.67			
Leisure Involvement	Attraction	Male	3.87	.327	.744
		Female	3.83		
	Centrality	Male	3.21	2.928	.004**
		Female	2.83		
	Social bonding	Male	3.60	.107	.915
		Female	3.59		
	Identity affirmation	Male	3.64	.308	.758
		Female	3.60		
	Identity expression	Male	3.57	.657	.512
		Female	3.49		

** $p<.01$; * $p<.05$

As shown in Table 5, there was no statistically significant difference in terms of the sub-dimensions of sub-dimensions depending on the participation in leisure activities ($p>.05$). Our findings showed that there was a statistically significant difference in the sub-dimensions as attraction ($t=3.43$, $p<.05$), centrality ($t=4.60$, $p<.05$), social bonding ($t=2.25$, $p<.05$), identity affirmation ($t=2.91$,

$p<.05$) and identity expression ($t=2.91$, $p<.05$). According to our results, it can be stated that the participants who answered "no" had lower mean scores on the sub-dimensions of LIS than those who answered "yes".

Furthermore, there was no statistically significant difference between the sub-dimensions of the LCS depending on the participation in weekly recreational activities

as shown in Table 6 ($p > 0.05$). It was determined that a significant part of the participants performed recreational activities in 1-2 days a week.

Table 5. Analysis of the differences between the sub-dimensions of leisure constraints and involvement related to leisure activity participation

	Variables	Participation	\bar{X}	t	p
Leisure Constraints	Individual/psychological	Yes	2.66	-1.41	.159
		No	2.88		
	Lack of Knowledge	Yes	3.17	-.463	.644
		No	3.25		
	Facilities	Yes	3.29	-.779	.437
		No	3.42		
	Lack of partners	Yes	2.91	-1.45	.147
No		3.14			
Time	Yes	3.09	-.572	.568	
	No	3.17			
Lack of interest	Yes	2.65	.048	.962	
	No	2.64			
Leisure Involvement	Attraction	Yes	3.98	3.42	.001**
		No	3.59		
	Centrality	Yes	3.27	4.60	.000**
		No	2.68		
	Social bonding	Yes	3.67	2.25	.025*
		No	3.43		
	Identity affirmation	Yes	3.73	2.90	.004**
		No	3.40		
	Identity expression	Yes	3.65	2.91	.004**
		No	3.31		

** $p < 0.01$; * $p < 0.05$

Table 6. Analysis of the difference between leisure activity participation frequency and leisure constraints sub-dimensions

Variables	Frequency	N	\bar{X}	F	p
Individual/psychological	≥ 3 days a week	47	2.54	1.69	.189
	1-2 days a week	68	2.57		
	1-2 days a month	42	2.92		
Lack of knowledge	≥ 3 days a week	47	3.10	1.05	.351
	1-2 days a week	68	3.31		
	1-2 days a month	42	3.01		
Facilities	≥ 3 days a week	47	3.15	.812	.446
	1-2 days a week	68	3.43		
	1-2 days a month	42	3.23		
Lack of partners	≥ 3 days a week	47	2.88	.808	.448
	1-2 days a week	68	3.02		
	1-2 days a month	42	2.75		
Time	≥ 3 days a week	47	2.99	.361	.697
	1-2 days a week	68	3.11		
	1-2 days a month	42	3.17		
Lack of interest	≥ 3 days a week	47	2.50	2.89	.058
	1-2 days a week	68	2.53		
	1-2 days a month	42	3.01		

* $p < 0.05$

Table 7. Analysis of the difference between leisure activity participation frequency and involvement sub-dimensions

Variables	Frequency	N	\bar{X}	F	p
Attraction	≥3 days a week	47	4.17	4.39	.014*
	1-2 days a week	68	4.02		
	1-2 days a month	42	3.69		
Centrality	≥3 days a week	47	3.52	4.96	.008**
	1-2 days a week	68	3.30		
	1-2 days a month	42	2.95		
Social bonding	≥3 days a week	47	3.84	1.74	.178
	1-2 days a week	67	3.65		
	1-2 days a month	42	3.53		
Identity affirmation	≥3 days a week	47	3.73	.829	.438
	1-2 days a week	68	3.80		
	1-2 days a month	42	3.61		
Identity expression	≥3 days a week	47	3.81	2.62	.076
	1-2 days a week	68	3.67		
	1-2 days a month	42	3.42		

**p<0.01; *p<0.05. a= Group averages differ statistically.

In Table 7, the scores the participants received from the sub-dimensions of the LIS scale depending on their participation in weekly leisure activities, there was a statistically significant difference in attraction (F=4.39, p<0.05) and centrality (F=4.96, p<0.05) sub-dimensions. When the Sheffe test results were examined, a statistically significant difference

was found in the attraction sub-dimension between those who participated in recreational activities 3 days or more (\bar{X} =4.17) and 1-2 days a month (\bar{X} =3.69) (p <0.01). Similarly, a statistically significant difference was found between those who participated in recreational activities for 3 days or more (\bar{X} =3.52) and 1-2 days a month (\bar{X} =2.95) in the centrality sub-dimension (p<0.01).

Table 8. The Analysis of Relationship between Leisure Constraints and Involvement

LIS	LCS	Individual/ Psychological	Lack of knowledge	Facilities	Lack of partners	Time	Lack of interest
Attraction	r	-,007	,086	-,001	-,016	-,066	-,143*
	p	,912	,194	,989	,814	,318	,030
Centrality	r	,027	,101	,067	,180**	,089	,110
	p	,682	,128	,312	,006	,179	,097
Social bonding	r	,074	,043	,118	,104	,054	,056
	p	,268	,516	,075	,119	,417	,403
Identity affirmation	r	-,021	-,021	,057	,051	,022	-,059
	p	,752	,750	,391	,442	,744	,372
Identity expression	r	-,014	-,049	-,010	,141*	,038	-,015
	p	,838	,461	,880	,033	,569	,823

*p<0.05; **p<0.01

According to correlation analysis results, there was a low level positive significant relationship between the centrality (r=0.18; p<0.01) and identity expression (r=0.14; p<0.05) sub-dimensions of LIS and the lack of partners sub-dimension of LCS in Table 8.

Besides, there was a low level of negatively significant relationship between the attraction (r=0.14; p<0.01) sub-dimension of LCS and the lack of interest sub-dimension of LIS. On the other hand, there was no statistically significant correlation between the LIS sub-

dimensions of the other sub-dimensions of LCS ($p > 0.05$).

DISCUSSION AND CONCLUSION

The current study was performed in the Sakarya University sample to determine the relationship between leisure constraints and involvement levels of individuals participating in campus recreation activities.

Gender which is an important part of the social impact that limits the participation of individuals in recreational activities also has an important role in participation in leisure activities. According to the gender variable of the participants, T-test result showed that there was a significant difference in the time sub-dimension of LCS and, this difference was in favor of female participants. Our results showed that females had more time problems than males and our findings were consisted with in the literature (Alexandris & Carroll, 1997; Dhurup, 2012; Jackson & Henderson, 1995; Pala & Dinç, 2013). There have been some restrictions on women's participation in leisure activities since old times. In some studies, there are differences regarding gender, and females face more constraints than males in participating in leisure activities due to some constraints including the lack of support from families, social pressure, and not giving opportunities to female (Henderson, 1995; Hudson, 2000; Shaw, 1994; Misra & McKean, 2000). Based on these results; firstly, it is necessary to investigate the factors that affect the lack of time for female. Furthermore, it is recommended to develop strategies to ensure that females used their leisure time more effectively, actively and finding ways to encourage females to participate in activities by the cooperation of departments of universities and other institutions dealing with leisure activities.

In addition, there was a significant difference between females and males in the centrality sub-dimension of LIS and this difference was due to female participants. When similar studies are examined, it can be said that the gender variable is one of the variables that affect the involvement in leisure activities. In

this study, the means of males were higher than female participants in all sub-dimensions of LIS and therefore, gender is an important distinguishing variable in leisure (Wiley et al., 2000; Hardin & Greer, 2009; Moccia, 2000). Depending on the weekly participation frequency variable, it was determined that the differences in the "attraction" and "centrality" sub-dimensions of the LIS were statistically significant, and as the participation frequency of the individuals increased, the mean scores obtained from the involvement scale sub-dimensions also increased. Similarly, some studies show and support that the frequency of participating in these activities is associated with an increase in the level of involvement (Wiley et al. 2000; Yetim, 2014). In our study, results showed that the level of involvement in individuals was closely related to the frequency of participation. In other words, the decrease in the involvement levels of individuals towards leisure time negatively affected their frequency of participation. Based on these results, further studies are required to understand the involvements of the individuals in the institutions and organizations and to provide the participation of individuals in activities according to the personal characteristics, involvement and periods of the participants in order to keep the involvement level of the participants at a high level.

In the weekly usage frequency variable, the level of involvement increased as the frequency of usage increased, and similarly, the level of involvement of individuals increased as the time spent on leisure activities increased. In other words, the level of involvement increased in parallel with an increase in the time of individuals spends daily on the activity. Studies in the field of involvement confirm this evaluation (Brey & Lehto, 2007).

According to the variables of participation in leisure activities, the t-test result showed that there were significant differences between the attraction, centrality, social bonding, identity affirmation and identity expression sub-dimensions of LIS, and these differences based on the participants who did not regularly participate in leisure activities had a

higher average than the participants. The low mean of the participants indicated that the individuals' level of involvement in leisure activities was low. Although the numbers of facilities and opportunities provided by the university are sufficient, it is possible to conclude that the individuals have low levels of involvement in leisure activities and possible deficiencies in personal development. Thus, the university should improve individuals to develop their personal development, identity expression, centrality, identity affirmation and social bonding, and organize activities such as training, seminars, and development programs. Moreover, our results suggest that new strategies could be developed to increase the level of participation and involvement of individuals in leisure activities and to try to support them with activities that can attract the attention of individuals and express themselves more easily. On the other hand, the rate of participation in the activities of participants were low due to time shortage. The departments that organize such event organizations at the university should analyze the leisure of the individuals by the activities and arrange the planning and programming of the activities to be organized in a way that individuals can participate. Thus, the involvement, number, and frequency of the participants in activities can increase.

According to the result of the correlation analysis, there was a low level of a positive significant relationship between centrality and identity expression sub-dimensions of LIS and lack of partner sub-dimensions of LCS. Additionally, there was a low level of a negative relationship between the attraction sub-dimension of LIS and the lack of interest sub-dimension of LCS. As the centrality and identity expression levels of participants increase, they do not feel a lack of partners because they spend their time participating in activities. Furthermore, it can be stated that the attraction of the activity can help to eliminate the lack of interest for the participants.

Recreational activities have an important role in the social lives of individuals. Thus, societies and universities should be more

functional in supporting and organizing recreational activities. University education plays a crucial role in shaping the adulthood of individuals, and is a period that professional knowledge is acquired and also leisure lifestyles are beginning to become clear. During this period, it is recommended that other institutions and organizations dealing with leisure activities, as well as the relevant departments of the university, should conduct studies that accurately analyze the interests and needs of individuals. Furthermore, the Sakarya University Directorate of Health, Culture and Sport could support for the organization of activities in cooperation with student societies to increase participation and encourage individuals participating in cultural and artistic leisure activities according to their interests. Universities could take social responsibility and leadership in increasing leisure activities, and help eliminate problems that prevent individuals from participating leisure activities. Consequently, our results only included the level of constraint and involvement of the participants. The research sample was selected from individuals who participated in activities organized by the university and held for a limited period. Therefore, this study provides a different perspective on the literature and our study may be improved by the larger sample population in different universities and institutions.

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