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EXAMINATION OF VITAMIN USAGE HABITS OF FOOTBALL REFEREES

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ABSTRACT

Today, we come across vitamins and minerals are often used as drugs. Our football referees increase their physical load with criteria such as intensive work pace, weekday training, weekend matches and newly introduced FIFA athletic test. In order to keep up with this tempo, they may tend to use vitamins considering that they cannot eat a balanced diet and cannot get enough vitamins. The aim of this study was to determine the use of vitamins in football referees. The universe of this study consists of Football Referees who work in Aksaray, Yozgat, Kayseri and Amasya. The study sample consisted of 24 randomly selected

individuals from different provinces. In the study, a questionnaire with 27 questions was used as a data collection tool. The questionnaire consists of 27 questions, 5 of which are demographic characteristics, 13 of which are vitamin use and 9 of which are brand preferences. It was developed by Çoşkun and Ark in 2008 and a validity-reliability study was conducted. Reliability Crombach Alpha value was found to be 0.82. As a result, we would like to draw attention to football referees to meet their vitamin needs.

Key Words: Vitamin, Football, Referee,

INTRODUCTION

The boost in the progress of football has turned it into a potential market to the extent that in the contemporary global economy it is realised as an industry with enormous capital. The progress in football in the last decade resulted in e.g. increased physical contact between players. In view of the technological and scientific developments that often exceed the physiological limits in order to increase the players' performance (Gumusdag et al, 2011).

Soccer is a dynamic game. It is a ninety minutes paced activity, and it is played with a ball by two sides, each trying to kick it over the others goal line. These and other definitions describe soccer as an object or basic mechanism of playing the game. Demands on fitness and mobility have increased with changing tempo of modern soccer. (Kartal et al, 2013).

Many sports in the world are followed by large masses. Sports assume an important function that unites, fuses, reconciles, strengthens and maintains relations. Soccer sport, which gradually increases its place in the phenomenon of sports, continues to attract the attention of the societies (Balyan M. 2006). Football is becoming more paced with developing training methods and techniques, players change places faster, frequently and quickly, they run more in the field and the ball changes place faster. Therefore, the football referees governing the football game must keep up with the rising tempo of the football game in order to better control the game more closely. Ayrıca birçok vitamin ve mineralin yeni işlevlerinin saptanması ile tedavi, korunma ve besin endüstrisinde yeni kullanım alanları ortaya çıkmıştır. Diğer yandan doğal yiyeceklerdeki miktarlarının 10-40 katı içeren vitamin ve mineraller endüstriyel olarak üretilmiştir (Egemen, 2006). Sağlık çalışanlarının, birey için gerekli olan vitamin ve minerallerin besinlerden alınmasını destekleyen yaklaşımları yanında ilaç endüstrisinin gelişmesi; özellikle multivitamin içeren bileşiklerin kullanımını yaygınlaştırmıştır (Bülbül, 2014).

Refereeing is an athletic activity. It is a common sense that any athlete who wishes to perform his activity well should begin by assessing his basic health and then take positive action to improve deficiencies and develop whatever physical and mental

requirements are necessary for his task. The referee is not required, as player is, to develop the ability to head a ball powerfully or kick to it. But he is required to accelerate quickly from a standing start, to have speed of movements and ability to maneuver over heavy grounds to turn and change direction while in motion and possess sufficient reserves of stamina to last more than two hours. To determine what improvements to his health may be required, the referee should know, by analyzing each game, how efficient he has been in keeping up with the play, in moving to the position selected after reading situations and what degree of fatigue he has experienced during the later stages of a hard game (Kartal et al, 2013).

Refereeing is the most important corner of football. Referee; it serves as a bridge between the spectators and the footballer and between the opposing teams. Arbitration; Requires knowledge, experience training, qualification, personality conditioning and concentration. Referee; is a person who understands human psychology and sociology of society with his proper life, honest personality and who can interpret individual and social behaviors of human beings. Refereeing is on the way to becoming a community of specially selected people (Orta L. 2002).

As it is known, the referees other than professional referees both act as referees and deal with their own profession. In addition, the trainings are tired and referees referees do not show enough care to feed. Therefore, most of our referees turn to vitamin supplements.

Vitamins are organic substances that have little effect, do not give energy, but are effective in regulating energy exchange and metabolism of nutrients, necessary for the development and survival of living things. (Ertugay et al., 1994)

Our body cannot function without vitamins. Although they are necessary in small amounts, they perform a vital task with the body in terms of triggering enzyme functions. Vitamins are commonly found in various animal products such as fresh fruits and vegetables, various spices, meat and by-products, milk and dairy products. Excess vitamins are usually stored in the liver (Lighter and Steel 2000).

With the developments in the pharmaceutical sector, people have started to prefer to buy vitamins instead of natural ways, and this situation has become more widespread with the advertising sector, they have started to come across people constantly and they are now sold everywhere use is observed.

The aim of this study; The aim of this study is to investigate the tendency and knowledge level of football referees towards vitamin usage habits.

METHOD

The Universe and Sample of The Study

The universe is the group of elements from which the research results are to be generalized. (Karasar, 2009: 109). The population of this study is working in Aksaray, Yozgat, Kayseri and Amasya provinces. The study population consists of 24 randomly selected football referees.

Data Collection Tool

Developed by yoşkun et al in 2008, the validity and reliability study conducted reliability Crombach Alpha value 0.82 was found 5 questions demographics, 13 questions vitamin use and 9 questions brand preferences were used as a survey data collection tool consisting of 27 questions.

Question 1. Education Status ?

	Frequency	Percent	Valid Percent	Cumulative Percent
High School	4	16,7	16,7	16,7
School	5	20,8	20,8	37,5
University	15	62,5	62,5	100,0
Total	24	100,0	100,0	

16.7% of referees were identified as high school 20.8% and 62.5% as college graduates.

Question 2. Income Level ?

	Frequency	Percent	Valid Percent	Cumulative Percent
0-500 TL	7	29,2	29,2	29,2
501-1000 TL	5	20,8	20,8	50,0
1001-2000 TL	6	25,0	25,0	75,0
2001 TL	6	25,0	25,0	100,0
Total	24	100,0	100,0	

29.2% of referees ' income level in the range of TL 0-500 20.8% in the range of TL 501-1000 25.0% in the range of TL 1001-2000TL 25.0% in the range of TL 2001 and above were determined.

Question 3. Age Status ?

	Frequency	Percent	Valid Percent	Cumulative Percent
19-30	23	95,8	95,8	95,8
31-50	1	4,2	4,2	100,0
Total	24	100,0	100,0	

Almost all of the referees were found to be in the age range of 31-50, with 95.8% in the age range of 19-30 and 4.2% in the age range.

Question 4. Do You Use Vitamins ?

	Frequency	Percent	Valid Percent	Cumulative Percent
Yes	5	20,8	20,8	20,8
No	14	58,3	58,3	79,2
Sometimes	5	20,8	20,8	100,0
Total	24	100,0	100,0	

It was found that 20.8% of referees use vitamins, 58.3% say they do not use vitamins, while 20.8% sometimes use vitamins.

Question 5. Is There A Special Reason Why You Do Not Use Vitamins ?

	Frequency	Percent	Valid Percent	Cumulative Percent
I Don't Think I Need	6	25,0	31,6	31,6
I'm Eating A Balanced Diet.	8	33,3	42,1	73,7
My Doctor Suggested	3	12,5	15,8	89,5
It Is Not Appropriate To Take Vitamins From Outside	2	8,3	10,5	100,0
Total	19	79,2	100,0	
Miss System	5	20,8		
Total	24	100,0		

It was found that 31.6% of referees did not need to use vitamins, 42.1% were fed balanced, 15.8% did not recommend the doctor and 10.5% did not consider it appropriate to take vitamins from outside.

Question 6. What Is The Reason For Your Vitamin Use ?

	Frequency	Percent	Valid Percent	Cumulative Percent
Because I Feel Tired.	14	58,3	58,3	58,3
I Think I'm Not Eating Well	10	41,7	41,7	100,0
Total	24	100,0	100,0	

58.3% of referees are using vitamins because they feel tired, while 41.7% are using vitamins because they think they are not eating a balanced diet.

Question 7) Which Vitamins Do You Prefer More ?

	Frequency	Percent	Valid Percent	Cumulative Percent
COMBINATIONS A,D,E,K	15	62,5	62,5	62,5
B VITAMINS	1	4,2	4,2	66,7
C VITAMINS	5	20,8	20,8	87,5
OTHERS	1	4,2	4,2	91,7
Total	2	8,3	8,3	100,0
	24	100,0	100,0	

62.5% of referees.it was found that 4.2% used combination vitamins A,D,E,K, 20.8% used B vitamins, 4.2% used vitamin C, 8.3% used other vitamins.

Question 8. How Do You Make This Choice ?

	Frequency	Percent	Valid Percent	Cumulative Percent
With The Help Of My Doctor	9	37,5	37,5	37,5
On The Advice Of A Pharmacist	7	29,2	29,2	66,7
By Investigating Myself	4	16,7	16,7	83,3
At The Suggestion Of A Friend	4	16,7	16,7	100,0
Total	24	100,0	100,0	

It was determined that 37.5% of referees preferred vitamins with the help of a doctor, 29.2% with the advice of a pharmacist, 16.7% with the advice of a friend.

Question 9. What Do You Expect From Your Vitamin Use ?

	Frequency	Percent	Valid Percent	Cumulative Percent
I Want To Feel Good About Myself	12	50,0	50,0	50,0
Being Resistant To Diseases	11	45,8	45,8	95,8
Providing A Solution To The Health Problem	1	4,2	4,2	100,0
Total	24	100,0	100,0	

Because 50.0% wanted to feel good about themselves, 45.8% used vitamins to provide resistance to diseases and 4.2% to find solutions to health problems.

Question 10. How Often Do You Use Vitamins ?

	Frequency	Percent	Valid Percent	Cumulative Percent
Daily	1	4,2	4,2	4,2
A Couple Days A Week	2	8,3	8,3	12,5
Several Times A Month	4	16,7	16,7	29,2
Monthly	4	16,7	16,7	45,8
Never	13	54,2	54,2	100,0
Total	24	100,0	100,0	

Judging from the frequency of the referees ' use of vitamins, it was found that 4.2% did not use them at all, 8.3% every day, 16.7% a few days a week, 16.7% a few times a month, and 54.2% once a month.

Question 11. Do You Think The Doctor Should Be Consulted For Vitamin Use ?

	Frequency	Percent	Valid Percent	Cumulative Percent
ABSOLUTELY MUST BE CONSULTED	17	70,8	70,8	70,8
SOMETIMES	4	16,7	16,7	87,5
IT'S NOT NECESSARY	3	12,5	12,5	100,0
Total	24	100,0	100,0	

It was found that 70.8% of referees needed to consult a doctor in order to use vitamins, while 16.7% sometimes needed consultation and 12.5% did not need consultation.

Question 12. Do You Believe You Have Enough Vitamins In Your Daily Diet?

	Frequency	Percent	Valid Percent	Cumulative Percent
Yes	3	12,5	12,5	12,5
Partially	15	62,5	62,5	75,0
No	6	25,0	25,0	100,0
Total	24	100,0	100,0	

It was found that 12.5% of referees thought they had enough vitamins in their daily diet while 62.5% partly believed they had enough vitamins in their daily diet and 25.0% did not believe they had enough vitamins in their daily diet.

Question 13. Do You Think It Is Necessary To Use Vitamins After A Certain Age?

	Frequency	Percent	Valid Percent	Cumulative Percent
YES	5	20,8	20,8	20,8
IF YOU HAVE A HEALTH PROBLEM	17	70,8	70,8	91,7
NOPE	1	4,2	4,2	95,8
I HAVE NO IDEA	1	4,2	4,2	100,0
Total	24	100,0	100,0	

Referees after a certain age to use vitamins 20.8% Yes 70.8% if there is a health problem should be used 4.2% no 4.2% were found to have no idea.

Question 14. Do You Think Vitamins Have Any Harm?

	Frequency	Percent	Valid Percent	Cumulative Percent
I Believe There Isn't.	7	29,2	29,2	29,2
Could Be	13	54,2	54,2	83,3
Nope	2	8,3	8,3	91,7
I Have No Idea	2	8,3	8,3	100,0
Total	24	100,0	100,0	

It was found that 29.2% of referees had no idea that vitamins were harmful and 54.2% could be harmful, while 8.3% of referees had no idea that vitamins were harmful.

Question 15. What Do You Pay Attention To When Choosing Vitamins For Your Child ?

	Frequency	Percent	Valid Percent	Cumulative Percent
See Doctor In Malnutrition	4	16,7	16,7	16,7
With Doctor's Advice Due To Health Problems	4	16,7	16,7	33,3
I Use It Without Consulting A Doctor.	4	16,7	16,7	50,0
I Don't See Fit For Children	12	50,0	50,0	100,0
Total	24	100,0	100,0	

While 16.7% of referees chose vitamins for children, 33.3% consulted a doctor in malnutrition, 16.7% followed the doctor's advice due to health problems, and 50.0% used without consulting a doctor were found to be unsuitable for children.

Question 16. What Are The Sources Of Information About Vitamins?

	Frequency	Percent	Valid Percent	Cumulative Percent
I'm A Doctor	5	20,8	20,8	20,8
Media	12	50,0	50,0	70,8
Internet Access	4	16,7	16,7	87,5
Pharmacists And Product Consultants	3	12,5	12,5	100,0
Total	24	100,0	100,0	

It was found that 20.8% of referees obtained information about vitamins from doctors 50.0% from the media 16.7% from the Internet and 12.5% from pharmacists and product consultants

Question 17. Do You Know About The Conditions In Which Vitamins Can Be Harmful?

	Frequency	Percent	Valid Percent	Cumulative Percent
Yes	2	8,3	8,3	8,3
Enough	13	54,2	54,2	62,5
Slightly	6	25,0	25,0	87,5
I Have No Idea	3	12,5	12,5	100,0
Total	24	100,0	100,0	

It was found that 8.3% of referees had information about the conditions in which vitamins could be harmful, while 54.2% had enough, 25.0% had little or 12.5% had no idea.

Question 18. What Is Your Reaction When You Are Disturbed By The Use Of Vitamins?

	Frequency	Percent	Valid Percent	Cumulative Percent
I'll Contact My Doctor.	19	79,2	79,2	79,2
I'll Stop Using Vitamins Right Away.	1	4,2	4,2	83,3
I'll Contact The Drugstore And Sales Consultant.	3	12,5	12,5	95,8
I Have No Idea	1	4,2	4,2	100,0
Total	24	100,0	100,0	

It was determined that 79.2% of the referees would refer to the doctor if they were damaged by the vitamin, 4.2% would immediately stop using the Vitamin, 12.5% would refer to the pharmacy and 4.2% to the sales consultant had no idea.

Question 19. Do You Care About The Brand In Your Vitamin Preference ?

	Frequency	Percent	Valid Percent	Cumulative Percent
You Surely Must Have Known	12	50,0	50,0	50,0
Which One Does The Doctor Recommend?	6	25,0	25,0	75,0
I Have No Idea	6	25,0	25,0	100,0
Total	24	100,0	100,0	

50.0% of referees' brands are recognized in Vitamin 25.0% will follow the doctor's advice 25.0% were found not to have the idea.

Question 20. Where Do You Prefer To Take Vitamins ?

	Frequency	Percent	Valid Percent	Cumulative Percent
From The Pharmacy	15	62,5	62,5	62,5
From Vitamin Stores	2	8,3	8,3	70,8
Via The Internet	4	16,7	16,7	87,5
Another	3	12,5	12,5	100,0
Total	24	100,0	100,0	

62.5% of referees were found to take vitamins from pharmacies, 8.3% from Vitamin stores, 16.7% via the Internet.

Question 21. What Affects Your Brand Preference The Most ?

	Frequency	Percent	Valid Percent	Cumulative Percent
Being Recognized	7	29,2	29,2	29,2
Be Reliable	11	45,8	45,8	75,0
Product Content	1	4,2	4,2	79,2
Price	3	12,5	12,5	91,7
Orientation	2	8,3	8,3	100,0
Total	24	100,0	100,0	

29.2% of referees to be recognized in Vitamin brand preference 45.8% to be reliable 4.2% to product content 12.5% to price 8.3% to prefer brand with guidance was found.

Question 22. Is It Important For You That The Product You Are Using Is Of Synthetic Or Natural Origin ?

	Frequency	Percent	Valid Percent	Cumulative Percent
Important	18	75,0	75,0	75,0
No Matter	2	8,3	8,3	83,3
I Have No Idea	4	16,7	16,7	100,0
Total	24	100,0	100,0	

75.0% of the referees used significant 8.3% of the product resources were not significant difference and 16.7% were found to have no idea.

Question 23. Do You Think The Price Or Reliability Of Vitamins Is Important?

	Frequency	Percent	Valid Percent	Cumulative Percent
Reliability	13	54,2	54,2	54,2
Both Of Them	11	45,8	45,8	100,0
Total	24	100,0	100,0	

It was found that 54.2% of referees gave importance to the reliability of vitamins and 45.8% to the reliability of both.

Question 24. Is The Level Of Education And Knowledge Of The Person You Are Buying Vitamins From Important To You ?

	Frequency	Percent	Valid Percent	Cumulative Percent
Yes	18	75,0	75,0	75,0
No	6	25,0	25,0	100,0
Total	24	100,0	100,0	

It was determined that 75.0% of referees bought vitamins and 25.0% answered 'No'.

Question 25. What Are The Reasons For Changing Your Brand Preference ?

	Frequency	Percent	Valid Percent	Cumulative Percent
Dissatisfaction With The Product	13	54,2	54,2	54,2
The Price Is High	2	8,3	8,3	62,5
Health Problems	4	16,7	16,7	79,2
New Advice	5	20,8	20,8	100,0
Total	24	100,0	100,0	

54.2% of referees were found to have changed their brand preference due to dissatisfaction with the product 8.3% high price 16.7% health problems 20.8% changed the product with new recommendations.

Question 26. Are You Affected By The Ads On Your Vitamin Preference ?

	Frequency	Percent	Valid Percent	Cumulative Percent
Yes	11	45,8	45,8	45,8
I Didn't Notice	1	4,2	4,2	50,0
No	4	16,7	16,7	66,7
Sometimes	8	33,3	33,3	100,0
Total	24	100,0	100,0	

It was found that 45.8% of referees were affected by Vitamin ads, 4.2% did not attract attention, 16.7% did not respond, 33.3% did not respond at times.

Question 27. Do You Think The Vitamins Sold Illegally Are Sunny ?

	Frequency	Percent	Valid Percent	Cumulative Percent
I Believe They Are Safe	4	16,7	16,7	16,7
I Believe They're Not Safe	17	70,8	70,8	87,5
They Can Be Safe	2	8,3	8,3	95,8
I Have No Idea	1	4,2	4,2	100,0
Total	24	100,0	100,0	

It was found that 16.7% of referees believed the smuggled vitamins were safe, 70.8% believed they were not safe, while 8.3% believed they were not safe and 4.2% had no idea they could be safe.

DISCUSSION AND CONCLUSION

The results obtained from this research to determine the vitamin usage habits and Information levels of referees in Aksaray, Kayseri, Yozgat and Amasya provinces are as follows:

Our research found that more than half of our referees' educational status was at university level. Our referees are distributed differently than income level pain. The reasons why this mountain is different may be due to the presence of classification judges, individuals working in different jobs and university students. It is estimated that 95.8 % of the referees who make up the sample are in the 19-30 age range and the reason for being such a young sample is that the profession of refereeing is a dynamic profession that starts at a young age. More than half of referees do not use vitamins, while 20.8 % sometimes use them. 12 of the referees ' survey on the causes of this condition because there is no literature study related to this study. It can be interpreted that they do not use vitamins because they are partially balanced based on the substance. Referees who use Vitamin because of the intense tempo of eating unbalanced from outside support may be suggested. It is seen that referees who do not use vitamins do not need them at the beginning of their reasons for not using them and think they are fed balanced. Vitamin referees are more likely to use vitamins because they feel tired or are not eating a balanced diet. It has been found that referees prefer vitamin combinations more. Following combinations, the most vitamin B use is observed. The reason why Vitamin combinations are preferred can be interpreted to provide vitamin balance in the body. The doctor's recommendation was the first place in Vitamin preference. Second place is pharmacist advice. It is seen that referees always consult someone they consider expert.

In the use of vitamins, they conclude that they most want to feel good about themselves reached, with a very close result 2.next, it is seen that they are used to be resistant to diseases. Referees believe that using vitamins will give vigour and protect themselves against diseases.

Our sample referees answered the question "how often do you use vitamins" with 54.2% "none". If we take the findings, it is seen that those who use Vitamin use it several times a month or once a month. The doctor's recommendation was the first place in Vitamin preference. Considering that our referees receive health reports every year, it is observed that they follow the doctor's advice. A large majority of referees, such as 62.5 %, think they take enough vitamins in their daily diet. This suggests that it is not already in the habit of using vitamins. Some referees do not think that they take enough vitamins in their daily diet and use vitamins for this. A majority of referees, such as 70.8 %, think that Vitamin should be used if there is a health problem after a certain age. Very few people think that vitamin should not be used after a certain age. Just over half of people think that vitamins can be harmful, compared to 54.2 %. Although 29.2% are not sure, they think that there is no harm. While half of our sample were of the opinion that vitamin use was not suitable for children, other opinions generally expressed the opinion that it should be used for a reason, i.e. if there is a situation that is far-fetched. The general opinion is that synthetic vitamins are not suitable for our children, he can be commented. Our judges often learn about vitamins through the media. It is possible to comment that the advertisements or promotions made here affect people's views. Half of our subjects had sufficient knowledge of the conditions in which vitamins could be harmful, while the rest were sub-informed in the light of statistical data.

Referees often tend to favor well-known vitamin brands, preferring those whose names are heard. From here, it parallels the statistical data of our referees that the source of vitamin information is the media. It seems that people tend to get their vitamins through the internet when they are getting them most from pharmacies. Our sample pays attention to the fact that the brand is reliable and well-known in preference to the brand. It is thought that referees prefer natural-sourced products because they care that the vitamins they use are synthetic or natural. It is seen that consumers care more about reliability when buying vitamins, but they want both price and reliability to be in the right way. From here, it can be commented that our referees consider both their health and their economic situation. The most important reason to be dissatisfied with the product in changing people's brand preferences it was seen to be.

Referees are seen to be affected by ads in preference to vitamins, while some people sometimes take ads into account. The majority of people are safe about the reliability of the

illegally sold vitamins it seems that they are not, and 19. we can show the substance as evidence for that substance. In line with these results determined within the scope of the research, it was concluded that the vast majority of football referees do not use vitamins. But some referees seem to use vitamins. It is also observed that the sensitivity of referees on health-related issues is similar in all quarters. The referees think that they have sufficient knowledge about vitamins and act in favour of vitamin use in case of health problems.

The fact that referees see themselves as adequate and receive information about vitamins from the media is contradictory because today, vitamins that will cause health problems are introduced in the market just to make sales. In this case, scientists who are specialized in increasing the awareness levels of people on vitamin issues should be given trainings to improve nutrition awareness at an early age and should be tried to raise public awareness through social projects. Over the next century, the importance of nutritional awareness is growing even more due to the limited available food resources and the increasing human population. Again, very intense pace of modern day life running the busy pace of life, if football referees try to fix irregularities in feeding feed regularly in the past, if your doctor's advice and if it is necessary then to make use of your vitamins from trusted brands access to healthier and stronger body structure can contribute.

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