



Social Paradigms Shaping Leisure Research Designs: A Systematic Review

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Abstract

Researchers conduct their studies in accordance with their perspective and philosophy that they ground on. There are philosophical hypothesis and specific beliefs that guide them to define and understand the underlying reasons of a case. These philosophical hypotheses stand out in every stage of the research including conducting the theory, type and method of the research and reporting. The purpose of this study is to review leisure studies in Turkey systematically in the context of paradigms and enlighten historical process of paradigms in the research. Document analyses are used as data collection technique. In accordance with the purpose of this study, literature review is performed in three data bases by using 9 keywords in Turkish and English in total 134 articles are evaluated based on both abstract and full review. It is detected that historical process of leisure studies accompanied by quantitative researches, but qualitative and mix type researches taken place in literature after 2010. Functional Paradigm is dominated when research types are embraced, and survey researches performed more in the Functionalist Paradigm. Institutions providing recreation education are also recommended to support qualitative and mixed method research in order for current approaches in the field to be followed and qualified studies to be put forth.

Key Words: Social Paradigms; Leisure; Systematic Review

Serbest Zaman Çalışmalarına Yön Veren Sosyal Paradigmalar: Sistematik Bir İnceleme

Özet

Araştırmacılar temel aldıkları felsefe ve bakış açısına dayalı olarak çalışmalarını yürütürler. Onları bir olayın arka planını anlama ve onu açıklama çabasına yönlendiren belli inanışları ve felsefi varsayımları bulunmaktadır. Bu felsefi varsayımlar araştırmaya rehberlik eden teorilerin seçiminden, araştırmanın yöntemi hatta deseni ve raporlamasına kadar her aşamasında ön plana çıkmaktadır. Bu çalışmanın amacı; ise serbest zaman alanında yapılan çalışmalarını paradigma bağlamında sistematik bir şekilde incelemek ve araştırmalarda yer alan paradigmaların tarihsel sürecine ışık tutmaktır. Bu çalışma sistematik inceleme olup çalışmada veri toplama yöntemi olarak doküman analizi kullanılmıştır. Çalışmanın amacı doğrultusunda, Türkçe ve İngilizce olarak 9 anahtar kelime kullanılarak alan yazın taraması yapılmıştır. Yapılan çalışmada toplam 134 makale özet ve tam metin olmak üzere değerlendirilmiştir. Nicel çalışmaların serbest zaman araştırmalarının tarihsel sürecine eşlik ettiği ancak nitel ve karma yöntem araştırmalarının 2010 yılı sonrası alanyazında görüldüğü tespit edilmiştir. Araştırma desenleri, paradigma bağlamında ele alındığında ise yapısalcı paradigmanın oldukça baskın olduğu, yapısalcı paradigma bağlamında en çok ölçek çalışmalarının yapıldığı saptanmıştır. Alandaki güncel yaklaşımların takip edilmesi ve nitelikli çalışmaların ortaya konulabilmesi için rekreasyon alanında eğitim veren kurumların nitel ve karma yöntem araştırmalarını da desteklemesi önerilmektedir.

Anahtar Sözcükler: Sosyal Paradigmalar; Serbest Zaman; Sistematik İnceleme

INTRODUCTION

Researchers carry out studies based on philosophies and perspectives they adopt. Researchers also have certain beliefs and philosophical assumptions that guide their efforts to understand and explain the background of an incident (5). These philosophical assumptions come to the forefront at every stage from the selection of guiding theories to the method and even the design and reporting of the research. They are an important component of the research; hence they should manifest themselves throughout the whole research. Because there is a strong correlation between the scientific philosophy and objective embraced by the researcher and the methodology of the research (9).

The research philosophy can be defined as the body of ideas and beliefs that shape the thoughts of the researcher. The ideas presented by the researchers before the onset of the research bear the traces of their philosophical thoughts and affect the entirety of the research. This philosophical thought guides a researcher's way of handling a problem and all the theories and data collection tools adopted by the researcher in an attempt to explain the problem in question (20). Paradigm, however, is related to the laws of nature and each paradigm seeks an answer for these laws. It presents different points of view of a researcher towards the same phenomenon (16). In other words, paradigm covers the nature of reality (ontology), the nature of knowledge (epistemology) and the analysis of methods (methodology) criteria (25). Therefore, the researchers should first question their own backgrounds, assess how they see themselves and others and they should be aware of the way they view political and ethnical matters, rather than focusing on the method they adopt before the beginning of the research (9).

Hence, this study has two different purposes. The first is to help researchers realize that it is important for them to better explore their own scientific beliefs (ontologically, epistemologically, methodologically & in terms of human nature), scientific interests and the research design they should adopt in parallel with their interest areas together with their overall worldview towards nature and other phenomena. The second is to carry out a systematic review of the studies conducted in the field of leisure based on these theoretical perspectives.

Literature Summary

Researchers should determine the accurate research method and research design their study suits. The starting point of their study is what they should pay attention the most, i.e. they should know the theoretical and philosophical background of their research topic. This is the only way for the researchers to be able to choose the most accurate research method and research design for the topic they want to study. It is assumed that such an approach will also facilitate the research process (20). At this point, the researcher's belief on the nature of reality (ontology) and the nature of knowledge (epistemology) has the utmost importance and it is deemed vital for determining the research methodology. In order to better understand the aforementioned notions, first of all the "subjective – objective dimension" model developed by Burrell & Morgan (4) for the analysis of the assumptions of the nature of social sciences will be assessed and then Habermas's theory of knowledge-constitutive (cognitive) interest will be handled in detail and ultimately four main paradigms that guide scientific researches will be tackled at large. Based on this theoretical construct, the model (Paradigms in Guiding Social Research Design) of Gunbayi & Sorm (13) will be reviewed and the research designs will be classified as per paradigms and reviewed systematically in the final phase of the research. This model is based on similar philosophical fundamentals with the studies that tackle paradigms as per research methods. However, different from these studies it classifies paradigms according to research designs and provides detailed information as to which research design should be under which paradigm.

Subjective- Objective Dimension

In 1979, Burrell & Morgan (4) came up with a scheme for analysing the assumptions about the nature of social science (Figure.1). This scheme is used as a fundamental tool for the classification of the four paradigms in social research. Burrell & Morgan (4) believed that all theories on organizations are shaped by social theories and the philosophy of science and they analysed different approaches of social sciences with existing philosophical assumptions (ontology, epistemology, human nature and methodology). According to Burrell & Morgan (4), the researchers embark upon their research subjects with a focus on the assumptions on the nature of the social world. The

first of these is the ontological assumption, which is the essence of the research subject. With ontological assumptions, one tries to answer the following question “Where is the reality?” is it within the individual (?) or somewhere outside (?). Ontological assumption is accompanied by epistemological assumption that questions the nature of knowledge. Epistemological nature is concerned with how the individuals perceive the world and how they communicate. Which knowledge is obtained by the individuals and can such knowledge be classified as “true” or “false” (?). In summary, epistemological nature questions whether knowledge is something to be acquired by everyone or something acquired through personal experiences. The third assumption is the human nature. Although human nature relates to ontological and epistemological nature, conceptually it differs from the two. This

assumption studies the human nature and its relation with the environment around. In other words, it deals with this question; does human behaviour arise from the external world (?) or do people act upon their free wills (?). Ultimately, these first three assumptions affect the research methodology and the researchers form their research methods within the compass of the main assumptions they believe in. Hence, they will establish their research methodology based on universal laws if they believe that reality lays somewhere outside the individual; whereas they will work on a methodology to understand and interpret the present situation if they believe that social world is a subjective experience resulting from the individuals’ experiences. Below are more details on the subjective–objective dimension of Burrell & Morgan (4).

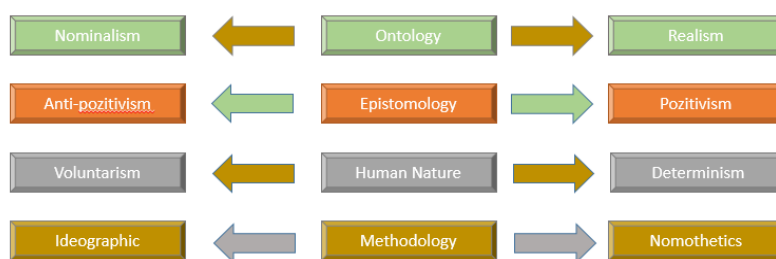


Figure 1. A scheme for analysing assumptions about the nature of social science (4)

Nominalism versus Realism

Nominalism is one the notions of ontological dilemma dealt by Burrell & Morgan (4) and it derives from the Latin “nomen” meaning name. This philosophy mainly arises from “Tahafut Al-Falasifah” the Arabic philosophy from A.D. 1059 to 1111 and the European Middle Age era (24). Nominalists refuse the real structure of the external world, which is described by certain concepts. According to them, names are artificial creations to describe, make sense of and negotiate the external world. In other words, nominalists believe that all the concepts and labels used for describing and structuring the social world external to individual cognition are nothing more than names. Such an effort is merely a tool used to make sense of the external world. Contrary to nominalism, the realists, on the other hand, believe that the outer world does not change relatively; it is comprised of hard, tangible and immutable structures. Such structures exist as empirical entities, whether we label and comprehend them, or not. According to the realists,

social world sustains its existence independent of the perceptions of an individual. An individual is born into and lives through a social world that has its own reality. The individuals do not create such world; it already exists and precedes the existence and consciousness of the humankind from an ontological point of view. For the realists, the existence of the social world is as hard and tangible as of the natural world (4).

Positivism versus Anti-positivism

Epistemological dimension of Burrell & Morgan (4) contains positivist and anti-positivist concepts. Auguste Comte, who established a positivist approach to the social science, created positivism in the Mid-19th Century. Positivists believe that the explanations in the fields of sociology and natural science are the same because the positivist epistemology is based on the conventional approaches of the natural science. Therefore, they use the logic, methods and procedures of the natural science in interpreting social phenomena (18). According to Mastin (19), the most reliable

knowledge is the scientific knowledge and such knowledge arises from strict scientific methods, empirical evidences and provable theories. Five main principles lie at the bottom of positivism:

- (1) The logic of the inquiry is the same for both social and natural sciences.
- (2) The aim of the inquiry is to explore, explain and predict the appropriate and necessary conditions for the phenomena.
- (3) The research should be empirically observable and testable by humans and should allow developing statements based on inductive logic.
- (4) Science is not the same with common sense the researchers should be careful so that general perception does not guide their research.
- (5) Science should be judged by logic and as free from value judgment as possible. The main purpose of science should be to generate knowledge irrespective of politics, morals, values etc.

Some sociologists that believe in anti-positivism claim that three goals of positivism (control, prediction and measurement) do not suffice as the goal of comprehension is missing (30). Anti-positivism is based on the belief that inter-subjective world is relativistic, and the social world can only be understood looking through the perspective of the individuals who directly participate in the studied actions. Therefore, they are inclined to refuse that science is capable of producing objective knowledge. Similarly, Lawson et al. (18) claim that the subject of sociology is different than the natural sciences' and scientific methods cannot explain social actions. According to anti-positivists, one needs an insider's perspective to understand something; hence, it is the subjective knowledge that matters, not the objective one. Noting that subjective consciousness of the individuals is unquantifiable, they refuse the idea of

scientific knowledge that is characterized by the objectivity of the science.

Voluntarism vs Determinism

The nature of human gives birth to the following dilemma; do humans behave with their free will (?) or are such behaviours shaped by the social structures beyond one's free will (?). Determinism suggests that the views of a person are completely shaped by the social world one lives in, whereas voluntarism pleads that individuals are completely free willed to make their own decisions (4).

Ideographic versus Nomothetic

The methodological dilemma on the other side is between the idiographic and nomothetic approaches. Idiographic approach suggests that one should obtain knowledge at first hand so as to comprehend the social world. Therefore, one should investigate the notion or person in question, thoroughly. Idiographic approach rather concentrates on the subjective thoughts of the daily life; consequently, biographies, diaries, all the documents and archives of the social world are assessed one by one. Nomothetic approach, however, is contrary to the ideographic approach and adheres to the structure and scientific principles of natural science; therefore, its method is to test the developed hypotheses. Accordingly, it relies on quantitative research methodology and related techniques, such as scales and experiments.

Four above-mentioned assumptions are the most widely accepted and most frequently used instruments to analyse social researches, scientifically. Moreover, Habermas's theory of knowledge-constitutive interest reflects the epistemology of social scientific research and claims that the researcher's perception of the world is deterministic on the choice of the research method (Figure 2).

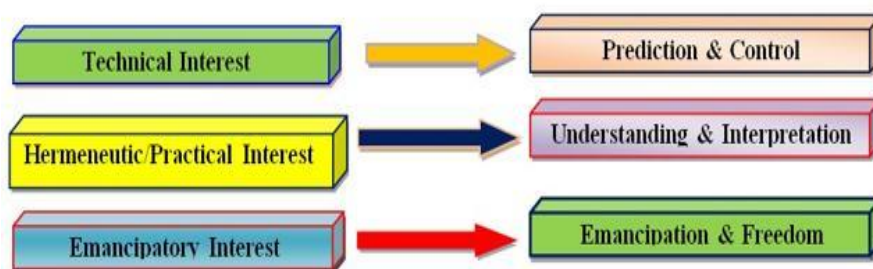


Figure 2. Habermas's (15) knowledge constitutive (cognitive) interests

Habermas' Theory of Knowledge-Constitutive (Cognitive) Interests can be seen on the epistemology of the social scientific research. According to Habermas, the technical interest is positivist and it focuses on laws and rules as well as predicting and controlling behaviours. Researchers with a technical interest try to access scientific knowledge by using measurement tools as part of research methodology. If researchers have technical interest, they should carry out their studies with tools (experimental, scale etc.) in radical structuralist, and functionalist paradigms. Hermeneutic interest, however, does not believe that reality is single or somewhere outside the individual like the practical interest. It believes that in order to fully understand a problem, one needs to be able to talk to the person who has gone through that problem, understand and interpret his/her feelings and ideas. Researchers with this view in mind should carry out interpretive paradigm-based

studies (situation, phenomenology, ethnography etc.) (6). Finally, the researchers with emancipatory interest believe that people fall under the influence of superior actors and should gain awareness so as to free themselves from such influence. They note that realizing your own problems is the only way to solve them. Therefore, they think people should have awareness and be salvaged from learned helplessness. If the researchers have emancipatory interest, they should carry out their studies within the scope of radical humanist paradigm (critical discourse, emancipatory action research etc.) (2). Radical structuralist, functionalist, interpretive and radical humanist paradigms of the theory of Habermas (15) have been dealt by Burrell & Morgan (4). In their book "Social Paradigms and Organizational Analysis", mention four main paradigms that feature in the social science researches and reflect the social changes (Figure 3).

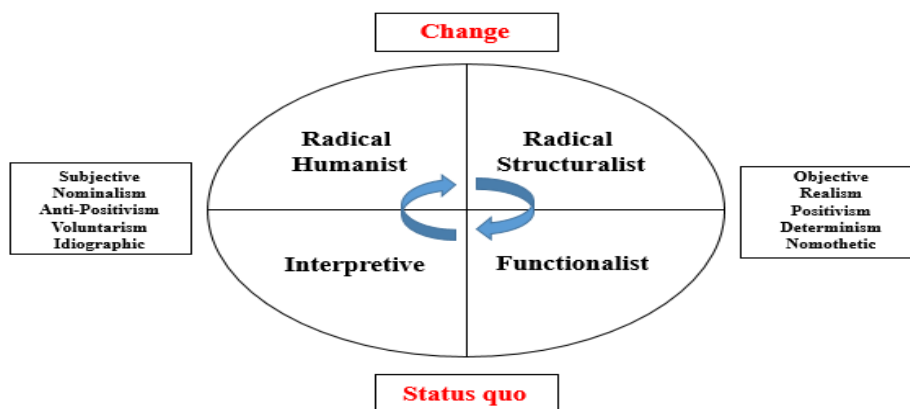


Figure 3. Four paradigms for the analysis of social theory (4)

Paradigms Guiding Qualitative Research

Radical Functionalist Paradigm

Max, Althusser, Poulantzas and Coiletti are the leading philosophers of radical functionalist paradigm. These philosophers state that human behaviour is influenced by the context-specific and dominant discourse and that economics and politics also play important role in shaping the human behaviour. In other words, they believe that social change can only be top-down and revolution-like, all at once (4).

Functionalist Paradigm

Functionalist paradigm, however, believes that a top-down revolutionary movement requires adaptation for sustainability and that such a movement should be controlled from the top in a

balanced manner. Comte, Spencer, Durkheim and Pareto are considered to be the pioneers of the functionalist paradigm, with a dominant understanding of social engineering (4).

Interpretive Paradigm

Schultz, Kant, Hegel, Freud, Weber, Dilthey and Husserl are among the philosophers of interpretive paradigm and they claim that the social world can only be understood and explained from the viewpoints of individuals. Interpretive paradigm asserts that one of the most fundamental characteristics of the social life is the face-to-face interactions of the individuals, therefore one need to understand the individuals' descriptions of any given incident in order to really comprehend how social life works. According to the interpretive paradigm there are two fundamental approaches in

reflecting individual and interpersonal world. The first of these, the phenomenological symbolic interaction, claims that humans connect via the common meanings resulting from human interaction, whereas the ethnographic approach relies on the assumption that human actions are determinant in the creation of the social order and that every action has a meaning in its own context (4).

Radical Humanist Paradigm

Radical humanist paradigm claims that superior actors define human actions and therefore such actions are just some phenomena incarcerated in ideological acts. According to the radical humanist paradigm, people cannot engage in accurate actions, they experience alienation and have misleading consciousness due to the dominant discourse. Therefore, people need to free from the perception management of the superior’s actors and act on their own free will so as to elude such guided behaviour (4). The researchers will have a more scientific

approach to their studies, if they handle their research methods and designs under the light of above-mentioned information, know the ontological, epistemological and methodological backgrounds of their intended studies and if they are mindful about their scientific interests. In line with the aforementioned philosophical assumptions, Gunbayi & Sorm (13) produced a model that enables them to review research designs within the context of the paradigms they belong. This study that reviews the research designs within the context of the paradigms they belong is a first both for the national and international literature. Table 1 indicates the distribution of the research designs per paradigm.

Table 1. Research designs and their guiding paradigms	
<i>Paradigms</i>	<i>Research Designs</i>
<i>Radical Functionalist</i>	<i>Technical action research</i>
	<i>Experimental studies</i>
	<i>Quasi-experimental studies</i>
	<i>Mixed embedded design</i>
<i>Functionalist</i>	<i>Surveys</i>
	<i>Descriptive studies</i>
	<i>Relational studies</i>
	<i>Explanatory sequential design</i>
	<i>Convergent parallel design</i>
	<i>Multiphase mixed design</i>
<i>Interpretive</i>	<i>Case study</i>
	<i>Phenomenology</i>
	<i>Ethnographic studies</i>
	<i>Grounded theory</i>
	<i>Narrative analysis</i>
	<i>Discourse analysis</i>
	<i>Systematic review</i>
	<i>Meta-synthesis</i>
	<i>Convergent parallel design</i>
	<i>Exploratory sequential design</i>
	<i>Multiphase mixed design</i>
<i>Radical Humanist</i>	<i>Participatory action research</i>
	<i>Emancipatory action research</i>
	<i>Critical discourse analysis</i>
	<i>Transformative mixed design</i>

This study aims to systematically review the research designs of leisure studies carried out in Turkey, within the context of paradigms, to identify the most frequently preferred research methods and research designs in line with the dominant paradigms, to determine the change of paradigms, which guide research designs, over the years and to review the research designs that contribute the most to the field again within the context of the dominant paradigms. This way, the study intends to reveal significant information in understanding the historical process of the leisure studies and determining the dominant paradigm in today's leisure field. Why leisure? "Leisure plays an essential role in individual, community and national development, contributing to the quality of life and well-being, the enhancement of social relationships and social capital and as a place of expression and engagement in democratic life" (31). To this end, the study tries to answer the following questions,

- (1) What is the yearly distribution of the leisure articles published in the journals?
- (2) What is the number of published articles according to the data collection techniques?
- (3) What is the number of published articles according to the research methods?
- (4) What is the yearly distribution of the data collection techniques?
- (5) What is the research design distribution within the context of paradigms?
- (6) What are the most contributing studies to the field within the context of paradigms?

MATERIAL & METHODS

This study is a systematic review and the preferred data collection method is document analysis. Systematic review is a research design where the research topic is chosen based on certain criteria and literature reviews, usually for either solving a problem or finding an answer to a question. In systematic reviews, inclusion and exclusion criteria are defined according to the studied problem and the research method and research findings of the included studies are synthesised (17). Therefore, in this study firstly the databases, on which the reviews to be conducted, were identified before the literature review was done. For the research sample, criterion-sampling technique, which is a purposive sampling technique, was adopted and complete inventory count was reached.

Literature review was conducted on the TUBITAK (The Scientific and Technological Research Council of Turkey) and ULAKBİM (Turkish Academic Network and Information Center) databases within the scope of DergiPark service and on TR Dizin (Turkish Index). There is no journal in Turkey that publishes only in the field of leisure and recreation. Therefore, during the literature review, the journals that publish articles in the leisure and recreation field under the sports science's category were identified and 9 key words (5 of Turkish and 4 of English); leisure, recreation, recreative, recreational were used both in English and Turkish during the review of aforementioned journals. For the study to be in parallel with its purpose the key words were broad in scope to cover all the studies in the field and no other inclusion or exclusion criteria were used. However, during the literature review it was realized that there were some articles in the reviewed databases that should be taken into consideration although they did not match with the key words. For instance, recreation is a classifiable concept according to time, location and purpose. A total of 150 abstracts and full articles were assessed. The classification that researchers conducted in the research findings resemble the systematic reviews they carried out previously (32).

Literature review by use of the key words resulted in 28 journals in TUBITAK and ULAKBİM databases, which fall under DergiPark and publish leisure studies, and 3 journals under TR Dizin. However, 7 of the journals under TUBITAK and ULAKBİM were excluded since they have not started publishing yet. In conclusion, a total of 150 articles were included; 129 articles from 18 journals under DergiPark and 21 articles from 3 journals under TR Dizin.

RESULTS

The transformation of leisure in Turkey over the years, the distribution of the published articles according to the data collection and research methods, the research designs and the yearly change of such designs will be dwelled upon descriptively, before passing on to the findings. Such information is considered to be vitally important in order to understand the progress of leisure in Turkey. After the descriptive statistics, research designs will be assessed within the scope of the paradigms, which is the main purpose of the study. Moreover, the articles that contribute the most to the field will also be touched upon within the context of paradigms.

Table 2. Number of articles according to years

Number of Articles According to Years	#	%
1996-2000	6	4.0
2001-2005	8	5.3
2006-2010	17	11.3
2011-2015	55	36.6
2016 and after	64	42.6
Total	150	100.0

Evaluating the leisure articles in Turkey in 5-year periods is essential to capture the evolution in the field of leisure. In this systematic review, each of the first four periods cover 5 years while the last period covers only 3 years. The articles in the last period were evaluated until the end of 2018. The findings revealed that the first study in the field of leisure was carried out in 1996 in Turkey and the ratio of leisure articles published between 1996 and 2000 was too low (4%) compared to other articles published in the same period. This ratio was still quite limited (5.3%) between 2001 and 2005, although it increased slightly. The number of leisure

articles nearly doubled (11.3%) between 2006 and 2010 compared to the previous 5-year period but gained a substantial momentum especially in and after 2011 (36.6%). The last period also indicates an increase in the number of published articles compared to the previous period. Accordingly, number of articles published between 2016 and 2018 were higher (42.6%) than the previous 5-year period. It was observed that the number of articles increased systematically in the last 3 years and the highest number of publications was reached in 2018.

Table 3. Distribution of articles according to data collection methods

According to Data Collection Techniques	#	%
Empirical Studies	134	89.3
Non-Empirical Studies	16	10.6
Total	150	100.0

Researchers classify the studies in different ways according to data collection methods. However, in this study the classification of Büyüköztürk et al. (5) was adopted and according to data collection methods, the studies were classified into two categories; empirical methods (empirical

and observational) and non-empirical (documentary) methods. A review of the studies conducted in Turkey reveals that the ratio of empirical studies is quite high (89.3%), whereas the ratio of non-empirical studies is lower (10.6%).

Table 4. Distribution of articles according to research methods

Research Methods	#	%
Empirical Studies		
Quantitative	113	75.3
Qualitative	16	10.6
Mixed	5	3.3
Non-Empirical Studies		
Literature Review	16	10.6
Total	150	100

In the classification according to research methods, the empirical and non-empirical studies were also further classified. The classification of Tashakkori & Teddlie (28) was chosen for the classification of empirical studies (22). Accordingly, empirical studies were classified into three

categories; quantitative, qualitative and mixed methods. Evaluating the findings of this study within the context of empirical studies, one can say that the ratio of quantitative studies (75.3%) is distinctively higher compared to the qualitative (10.6%) and mixed method (3.3%) studies.

Another category in this classification is the non-empirical studies and this study covers the literature reviews and theoretical analyses. However, Table 4 does not indicate theoretical analyses since the findings of this study did not reveal any. Findings of this study asserted that

literature review is the 2nd most preferred research method among all non-empirical studies (10.6%). Systematic reviews, in particular, are found to be preferred more and more among all literature reviews in recent years.

Table 5. Distribution of research designs used in the empirical studies

According to Research Designs	#	%
Quantitative		
Questionnaire-Based Review	98	73.1
Relational Review	13	9.7
Experimental Studies	2	1.4
Qualitative		
Case Study	11	8.2
Phenomenology	2	1.4
Systematic Review	3	2.2
Mixed		
Convergent parallel design	4	2.9
Exploratory mixed design	1	0.7
Total	134	100

The systematic analysis revealed that the most frequently used research method by the researchers is the quantitative study method. Classification of empirical studies according to the research designs indicated that descriptive – questionnaire-based reviews are the highest in number (73.1%), followed by descriptive–relational reviews (9.7%). The least preferred research design among the quantitative researches is the experimental studies (1.4%).

There are many classifications for qualitative researches in the literature. For example, Tesch (29) classifies qualitative research designs into four categories based on the interest of the researcher, while Crabtree & Miller classify qualitative research designs into eighteen categories based on areas related to human life with a focus on the social world and culture of the researcher. In this systematic analysis, the classification developed by Denzin & Lincoln for the qualitative research designs in social sciences was used as it was deemed appropriate for the nature of this study (9). According to this classification, qualitative research

designs are the following; phenomenology, case study, grounded theory, ethnography, critical discourse, narrative, action research and systematic review. Among the qualitative research designs, however, no study was found on grounded theory, ethnographic studies, critical discourse analysis, narrative analysis and action research. The most frequently preferred qualitative research design is the case studies (8.2%) followed by systematic reviews (2.2%) and phenomenological studies (1.4%), respectively.

In this study, the mixed method researches were reviewed and segregated into six designs (The Convergent Parallel Design, The Explanatory Sequential Design, The Exploratory Sequential Design, The Embedded Design, The Multiphase Design, and The Transformative Design) according to the systematics of (23). A review on the aforementioned systematics revealed that the two of these six mixed method research designs come into prominence and among the two convergent parallel designs is the most preferred one (2.9%).

Table 6. Distribution of empirical and non-empirical studies according to years

	1996-2000		2001-2005		2006-2010		2011 -2015		2016 & after		Total	
	#	%	#	%	#	%	#	%	#	%	#	%
Quantitative	3	50.0	6	75.0	16	94.1	40	72.7	48	75.0	113	75.3
Qualitative	-	-	-	-	-	-	5	9.0	11	17.1	16	10.6
Mixed	-	-	-	-	-	-	3	5.4	2	3.1	5	3.3
Literature	3	50.0	2	25.0	1	5.8	7	12.7	3	4.6	16	10.6
Total	6	100.0	8	100.0	17	100.0	55	100.0	64	100.0	150	100

Table 6 aims to draw attention to the years when the qualitative and mixed method studies among other empirical studies started in Turkey, the distribution of them in years and their change compared to other studies. Because this creates the basis of the next finding and provides clues about the paradigm shift. The results indicate that the qualitative and mixed method studies were first used in Turkey after 2010. Literature includes a total of sixteen qualitative studies, five between 2011 and 2015 and eleven in and after 2016 while the number of mixed method studies is five in total, three between 2011 and 2015 and twelve in and after 2016. Although qualitative and mixed study methods first entered the literature after 2010, their number has been quite small compared to quantitative studies in the last 8 years. Lastly, we can say that literature reviews, although not many in number, have been conducted by researchers since 1996 until today.

The following findings focus on the research designs within the context of paradigms, which is the main interest of this study. The research methods (quantitative, qualitative and mixed method studies) give clues about the paradigms but the best way to interpret paradigms requires approaching them in the context of research designs. Because many studies, although they fall under the same category as per research methods, diverge in the context of paradigms (4). Therefore, paradigms were reviewed as per their research designs (Table 1), in view of the model of Gunbayi & Sorm (13). Findings of this study indicate that research designs divide into three main paradigms (radical functionalist, functionalist and interpretive paradigm). Radical humanist paradigm was excluded from the table considering there was no study in its context (Table 6).

Researches in the context of Paradigm	#	%
Radical Functionalist Paradigm		
Experimental design	2	1.3
Functionalist Paradigm		
Literature review	16	10.6
Relational review	13	8.6
Questionnaire-based review	98	65.3
Convergent parallel design	4	2.6
Interpretive paradigm		
Case study	11	7.3
Phenomenology	2	1.3
Systematic review	3	2.0
Exploratory sequential design	1	0.6
Total	150	100.0

Table 7 shows that experimental studies are among the least preferred research designs in the literature. In other words, radical functionalist paradigm is the least preferred paradigm when compared to others (1.3%).

Among the functionalist paradigm studies, questionnaire-based reviews are the most practiced type (65.3%). Literature reviews (10.6%) and relational reviews (8.6%) rank the second and the third, respectively, after the questionnaire-based reviews. It is safe to say that these three research designs are preferred the most by the researchers under the functionalist paradigm. To put it differently, these three research designs alone constitute 84.5% of all research designs. Convergent parallel design differs from the above-mentioned three designs in terms of research methodology but merge with them under the same paradigm category

and it is the least preferred research design under functionalist paradigm. Although it is the least preferred research design under the functionalist paradigm, it is still preferred more compared to the research designs under other paradigms except for the case studies.

Looking at the distribution of research designs under interpretive paradigm, it appears that qualitative research method is the most frequently applied research design under this paradigm. Accordingly, case studies are studied the most (7.3%). Systematic review is the second most preferred research design (2.0%) among qualitative research designs followed by phenomenological studies (1.3%). Exploratory sequential design under interpretive paradigm differ from other designs in terms of research method and it is the least preferred mixed method research design under interpretive paradigm (0.6%).

Table 8. Articles that contribute the most to the field			
Citation	Lead Author	Name and Publication Year of the Article	Citation Period
48	Balçı, V.	The determination student's participation levels to recreational activities in universities of turkey (2006)	2006-2016
29	Ardahan, F.	An examination of leisure satisfaction level of university students with regard to gender and income (2010)	2010-2016
24	Tütüncü, O	Analysis of factors affecting recreation participation of university students (2011)	2011-2018
22	Karlı, U.	Reliability and validity study of leisure satisfaction scale (LSS- Long version)	2008-2016
20	Kurar, İ.	People's leisure habits review: Case of Alanya (2014)	2015-2017

Table 8 indicates the articles contributing to the literature the most. The first column of the table shows the number of citations received by the articles, while the last column shows the citation period. This study reviewed the sixty-three studies that contribute to the literature the most and it was found that the top 5 most-cited studies were approached within the scope of the functionalist paradigm (survey).

DISCUSSION

It was deemed important to review the journals that publish in the field of leisure and recreation before discussing the findings of the study. The fact that there are journals publishing in a certain field regularly and that their numbers increase constantly can give meaningful clues about the development of that field. Looking at the previous systematic reviews conducted by researchers, it appears that they reviewed a total of 16 journals; 12 from TUBITAK and ULAKBİM, 4 from TR Dizin. The number of journals that publish under the same databases increased up to 21, although it has only been a year. This increase demonstrates that leisure is among the developing disciplines in Turkey and the number of journals and researchers that publish in the field of leisure is ever increasing. The research findings also support this statement.

It is observed that studies in the field of leisure have systematically increased in every five-year period since 1996. The number of articles published between 2001 and 2005 doubled between 2006 and 2010, while the number of articles between 2011 and 2015 tripled compared to the previous five-year long period. The findings demonstrate that the sharpest increase on the number of articles occurred after 2010. Even the number of articles from 2016 to 2018 was higher than the ones in the previous five-year long period. A look at the historical process of leisure in Turkey reminds that "The seventy Development Plan" was prepared for the period of 1996 and 2000, which included a resolution for

attaching greater importance to more efficient use of leisure time of the individuals. The plan aimed to train educational personnel for efficient use of leisure and to meet the need for manpower to carry out recreation organizations (11). The seventy Development Plan also indicated that there was a need for opening recreation departments at the universities. Accordingly, Mugla University School of Physical Education and Sports started to teach recreation for the first time in 1998, upon the decision of the Inter-University Council (35). Similarly, "The eight Development Plan" from 2001 to 2005 also emphasized the importance of recreation training and asked for further actions to be taken for rendering recreation activities appealing by receiving the support of local authorities to accelerate such activities (10).

Additionally, The Council of Higher Education assigns the duty of providing necessary means and resources such as materials and facilities to universities, for the most efficient use of leisure time by the youth, as per Article 47 of the Higher Education Law (2547) (34). Thanks to all these efforts, the number of educational institutions that teach recreation increased in Turkey. A total of 183 universities including 112 state universities and 71 private foundation universities started to teach recreation (33). 36 of these universities teach recreation in undergraduate programs; 29 out of 36 teach recreation at the Schools of Physical Education and Sports, whereas the remaining 7 teach at the Tourism Faculties under recreation management departments. 4 universities in Turkey have post-graduate master's and doctorate programs (32). All this information explains why the number of studies conducted in the field of recreation has been increasing systematically since 1996.

Assessing the data collection techniques of the study, it appears that empirical studies are preferred much more than the non-empirical studies. This study uses the classification method of Büyüköztürk

et al. (5) and classifies the studies as empirical ones (empirical, observational) and non-empirical ones (documentary). It is known that recreation started to be mentioned as a concept in Turkey as of 1990s, however, it started as movement in Europe in the beginning of 1900s (12). In 1949, the concept of recreation was first used in scientific journals academically, in Europe (www.tandfonline.com) and its theoretical foundations were first laid in 1950s. This may be one of the reasons why recreational studies in Turkey fall behind Europe. For instance, the constraints theory, studied by Crawford & Godbey (7) for the first time, was brought to Turkey thirty years later by Gürbüz & Karaküçük (14). Even today, the Turkish adaptation process of the topics, theories and measurement tools that are studied and developed in Europe is still going on. Actually, such efforts mostly include the adaptation of the scales, which evidently give prominence to descriptive and relational studies on the population in question. This also explains why the quantitative studies among the empirical ones are higher in number compared to other type of studies (qualitative and mixed). Of course, there are some other deterministic factors behind the tendency towards quantitative studies, as well. One of them, for example, is the fact that leisure is a relatively new field in Turkey, which results in limited number of trained academicians. Accordingly, the researchers tend to adapt the psychometrically satisfying measurement tools developed in different cultures, rather than developing their own. From this perspective, it is more understandable why the empirical studies and the quantitative ones, in particular, draw more interest in Turkey. Another reason why the quantitative research methods among the empirical studies are more favoured is the existence of paradigms dominating the scientific researches. Paradigm shift and its repercussions in Turkey will be discussed at length under the section that dwells upon the yearly distribution of research methods.

Another finding of the study is the designs used in the empirical studies. In the previous finding, it was already mentioned that quantitative studies are the most frequently preferred research methods in the literature. Researchers also wonder what the most popular research design among the research methods is. Looking at the research data, it is noted that the two most frequently preferred research designs among the quantitative studies are the questionnaire-based reviews (73.1%) and relational

reviews (9.7%), respectively. It was noted that experimental studies are the least preferred research designs by the researchers. It is safe to say that experimental studies are carried out to test the correlations among variables and as a research design they contain significant assumptions. When researchers wish to carry out an experimental study, they have to have random assignment of the experimental groups of the independent variable, manipulate the independent variable and control the dependent variables (3).

The study reveals that case studies are preferred the most among the qualitative studies and the convergent mixed design studies are more favoured among other mixed method studies. Another significant outcome regarding the limited number of qualitative and mixed method studies is that these studies entered the literature after 2010 and there was no study related to these researches before this date. Considering the findings of the study, there seems to be two main reasons behind. The first is, as explained above, recreation and leisure is a relatively new area in Turkey and therefore the researchers tend to carry out adaptations and descriptive studies. The second reason why the qualitative and mixed method studies show up in the literature after 2010 is the changes on the perspectives towards scientific studies. We can also say that the presence of qualitative and mixed method studies in the literature after 2010 give important clues about the paradigm shift. In other words, it is safe to say that the repercussions of the paradigm shift in Turkey started after 2010s; the anti-positivist and pragmatist perspectives started to grow, while the positivist perspective preserved its dominance.

Together with the recent developments in the philosophy of science, anti-positivist paradigm became more widespread as opposed to positivist paradigm and correspondingly the number of researchers that use qualitative research methods in their studies increase every passing day. Examining the historical process, the roots of qualitative research date back a long time in Europe, compared to Turkey. The number of qualitative researches increased in Europe from the end of 1970s to the beginning of 1980s, but it mainly presented itself in England with the paradigm shift of 1990s. The repercussions of this paradigm shift started to appear in Turkey as of 2010. It is believed that this delay also caused the qualitative and mixed method studies to enter Turkish literature late and affected

such studies both quantitatively and qualitatively. Besides, there is some criticism over the quantitative and qualitative studies in Turkey; they are found to be ontologically, epistemologically and methodologically challenged compared to other countries (20).

As for the mixed method studies, it is known that researchers have been carrying out such studies since 1989. Researchers have conducted many classifications regarding the mixed method studies in the literature. Following the two sociologists; Brewer and Hunter, Morse designed a system in 1991 on how to present both quantitative and qualitative studies together (1). Together with the contributions of Tashakkori & Teddlie (28), the framework of the design of the mixed method became clear and as of the beginning of 2000s, the use of mixed method increased gradually with its distinctive research design (8). Therefore, it is understandable that mixed method studies were accepted in Turkey and used ontologically, epistemologically and methodologically as of 2010, just like the qualitative methods. Additionally, the findings are also in parallel with the results of the systematic reviews conducted by previous researchers. A systematic review of the research methods of the journals until July 2017 revealed that the numbers of quantitative studies are much more higher compared to the qualitative and mixed method studies and the qualitative and mixed method studies demonstrate themselves in the literature as of 2010 in parallel with the findings of this study (31). Another attention-grabbing finding of this study is that quantitative studies, although they are still dominantly present among other research methods, have been on the decline (12.8%) in the last 1,5 years, whereas qualitative studies have increased by 2.3% in the meantime (31). Accordingly, it would not be wrong to say that anti-positivist perspective has gradually gained importance in the field of recreation and leisure.

Research methods (quantitative, qualitative and mixed method studies) give hints about the paradigms; however, the best approach to the paradigms is from the research design angle. This is because many studies differ from each another in the context of paradigms, although they may fall under the same research method category (4). For instance, quantitative studies, whether they have a positivist, realist, determinist or nomothetic perspective, differ in terms of paradigms according to their sub-designs. Therefore, experimental studies

fall within the scope of radical functionalist paradigm, while surveys and descriptive studies fall under the functionalist paradigm. Similarly, qualitative research designs (case studies, ethnographic studies, grounded theories, phenomenological studies, narrative analyses, systematic reviews, action researches and discourse analyses) differ in terms of paradigms according to the model of Burrell & Morgan (4), although they are all positivist, nominalist, voluntarist and ideographic. It can be noted that some research designs such as action research and critical discourse analysis fall within the scope of radical humanist paradigm, whereas others are under interpretive paradigm.

The research method prioritized and concentrated on by the researcher determines the paradigm under which the mixed method study designs fall. For example, convergent parallel design gives weight to the quantitative and qualitative research methods equally but the explanatory sequential design mostly focus on the quantitative research methods and carries out the qualitative research, which constitutes the second phase of the study, based on the results of the quantitative research. Exploratory sequential design, however, is another mixed method research and it first collects qualitative data, contrary to explanatory sequential design. Qualitative phase is more prominent under this research design and the quantitative data is gathered only after the qualitative research results are obtained (8, 21). Many researchers develop measurement tools based on the information they gather from qualitative data with this design. Therefore, another name of this research design in the literature is the instrument development design (8, 21). As one can see, researchers feature research designs according to their viewpoints and the philosophies they believe in and they choose to use the remaining research method to support the data they have in hand.

In the light of this information, mixed method research designs also divide into four main paradigm categories and mixed embedded design studies fall under radical functionalist paradigm, whereas transformative mixed design falls under the radical humanist paradigm. Explanatory sequential design, on the other hand, falls under the functionalist paradigm and exploratory sequential design falls under the interpretive paradigm. The density and priority of the research method determine the exact paradigm (functionalist

paradigm and interpretive paradigm) under which the mixed method studies, also known as sequential designs, fall (13).

Based on aforementioned information, research designs were found to depend on three fundamental paradigms. The first is the experimental studies under quantitative research methods. Experimental studies are considered to be under the radical functionalist paradigm, and they are the least preferred research design by the researchers. This systematic review revealed that researchers concentrate the most on the studies that fall under the functionalist paradigm and the most studied research design under the functionalist paradigm is the questionnaire-based reviews (65.3%) followed by literature reviews (10.6%) and relational reviews (8.6%), respectively. Convergent parallel design also falls under the functionalist paradigm like others, but it is the least preferred research design (2.6%) by the researchers despite also being a mixed method. Another notable finding of this study is that one can find studies conducted on the four out of six designs under the functionalist paradigm but there is no study conducted on the explanatory or multiphase mixed designs among the mixed method designs.

Interpretive paradigm is another paradigm that research designs fall under. There are many research designs under the interpretive paradigm (ethnography, grounded theory, narrative, discourse analysis, meta-synthesis, and multiphase mixed design), however, the examples found in this study are case study, phenomenology and systematic review among the qualitative research designs and exploratory sequential design among the mixed method studies. The most preferred one among all these research designs though is the case studies (7.3%).

Finally, the articles that contributed the most to the field have been analysed and the top ten most-contributing articles were found to adopt the research designs that fall under the functionalist paradigm. Looking at the number of studies falling under the functionalist paradigm, it is understandable that the resources cited by these studies are also the studies under the same paradigm.

CONCLUSION

A review on the literature revealed that the number of systematic reviews on the field of leisure is limited. This systematic review on leisure, which

is a fairly new study area in Turkey, is the first study that reviews the research designs based on their philosophical viewpoints. Therefore, it is believed to contribute to the literature, significantly. Philosophical backgrounds were taken into consideration, while analysing the studies together with an ontological, epistemological and methodological approach and a classification was adopted so as to prevent confusion. This systematic review not only sheds a light to the historical process behind the leisure field but also reveals the transformations in this process. The study demonstrates that the researchers' perspectives on the nature of reality (ontologically) and knowledge (epistemologically) have gone through changes within the historical process. It is believed that such realization will also give clues about the future trends of the researchers along with their viewpoints. For example, if it is more and more believed that human interactions are more influential in shaping the human behaviours rather than the dominant discourse, economy and politics, then the studied topic and contexts will also change. An interpretation of the future trends of study topics by the experts include cyber-kinetic society, physical activity, performance arts, feminism and its policies, the perception of welfare and happiness, migration and politics, emancipatory women politics and netnography (26, 27). The increase of the number of ethnographic and netnographic studies that tackle cultural issues in depth is understandable since the change on the perspectives towards knowledge and reality guides researchers into more specific topics. In Turkey, qualitative and mixed method studies should be supported and the number of educational facilities that teach recreation along with the number of qualified faculty members should be increased in order to be able to follow the recent approaches in the field of recreation, which is a relatively new area in our country, and to have sufficient studies that uncover the nature of existing studies in the field. Additionally, it is important to establish supervisory units for qualitative and mixed method studies on top of the existing quantitative research units under universities. Here it is vital to underline the significance of the knowledge regarding the philosophy that the research methods base on, so as to make such methods even more qualified. The philosophy of research should be regarded as a significant factor shaping all phases of a research from method to reporting. Therefore, the interest of the researchers on the philosophy of science should be enhanced for obtaining the most accurate

research methodology and reporting.

RECOMMENDATIONS

This study is limited to studies in the national database (DergiPark). Therefore, results assess the impact of the paradigm shift on the leisure studies only within the context of Turkey. Future studies can concentrate on international journals of the field to reflect the impact of the paradigm shift on other countries and to have a comparative analysis of international and Turkish studies.

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