

# Kinds of Participation to Short Leisure Time Activities of Athletes from Turkish Weightlifting Championship

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## ABSTRACT

This study is determining the kinds of participation to short leisure time activities of men and women athletes who have participated to the Turkish Inter-Clubs Weightlifting Championship and the ways in order to increase their success and performance. 66 women and 120 men, a total of 186 weightlifters from 40 different clubs which have participated to Turkish Inter-Clubs Weightlifting Championship held in the Province of Muğla on November 2008 have participated to our research. The frequency, percentage distribution and the “t test” results have been displayed with tables and have been interpreted and estimated according to the above mentioned data. 0,05 is accepted as a statistical significant levels. As a consequence of this research, the Weightlifting Federation and the related clubs provide more material and immaterial opportunities to the men athletes as compared with women athletes for the leisure time’s activities. On the other side, it has been observed that the athletes who mostly are graduated from high school maintain their own living by the intermediary of their father, that they do not receive information regularly from their federation and their own club in regard with the appreciation of leisure times, that they do not read any publication in relation with the appreciation of leisure times, that they consider that the possibilities of the clubs are insufficient, that they do not participate to leisure time activities at a desired degree and that they state the economical insufficiency as a reason for this, however that in case they participate to leisure time activities they do not face any difficulty to spend time.

**Keywords:** Leisure time activities, weightlifting, athlete, clubs, short period.

## Türkiye Halter Şampiyonasına Katılan Sporcuların Kısa Dönem Serbest Zaman Faaliyetlerine Katılım Türleri

### ÖZET

Bu çalışma Kulüpler Arası Türkiye Halter Şampiyonası’na katılan erkek ve kız sporcuların kısa dönemdeki serbest zaman faaliyetlerine katılım şekilleri ile onların başarılarını ve performanslarını yükseltmenin yollarını belirlemektir. Araştırmamıza, Kasım 2008 tarihinde Muğla ilinde yapılan Kulüpler Arası Türkiye Halter Şampiyonası’na katılan 40 değişik kulübün 66’sı kız ve 120’si erkek toplam 186 halterci katılmıştır. Haltercilerin; % 59,7’si 18 yaş ve altı, % 26,3’ü 19-22 yaş arası, % 10,2’si 23-26 yaş arası, % 2,7’si 27-30 yaş arası, % 1,1’i 31 yaş ve üstüdür. Verilerin değerlendirilmesinde, SPSS istatistik paket programı kullanılmıştır. Frekans, yüzde dağılım ve “t testi” sonuçları tablolar ile gösterilmiş ve bu verilere göre yorumlanıp, değerlendirilmiştir. Anlamlılık düzeyi 0.05 olarak kabul edilmiştir. Bu araştırmanın sonucunda, haltercilerin kısa dönemdeki serbest zamanlarını genelde aynı şekilde müzik dinleme, dinlenme, gezme, televizyon seyretme, kitap, gazete, dergi, okuma ve kendi spor branşıyla ilgili yayınları takip etme ve bunun yanında kendi spor branşlarının yanında çeşitli spor müsabakalarını izleme şeklinde değerlendirdiklerini; ayrıca, Halter Federasyonu ve ilgili kulüplerin serbest zaman faaliyetleri için kızlara nazaran daha çok erkek sporculara maddi ve manevi imkân sağlamakta olduğu görülmektedir. Diğer yanda, çoğunluğu lise mezunu olan sporcular geçimlerini babalarının sağladığı, serbest zamanların değerlendirmesi konusunda federasyonlarından ve kulüplerinden düzenli bir şekilde bilgi alamadıkları, serbest zamanı değerlendirme ile ilgili yayın okumadıkları, kulüplerin imkânlarını yeterli bulmadıkları, serbest zaman faaliyetlerine de beklenen düzeyde katılmadıkları ve sebep olarak da en çok ekonomik yetersizliği gösterdikleri, ancak katıldıklarında ise serbest zamanı doldurmakta zorluk çekmedikleri görülmektedir. Yine sporcular, yeterli zamanlarının olmadığını, teşvik edici tesis ve araç-gereçlerin yetersiz olduğunu, bu tür etkinliklerin kendilerinde dinlendirici, mutlu edici, haz verici, rahatlatıcı ve can sıkıntısından uzaklaştırıcı etki bıraktığını; genelde serbest zaman değerlendirmelerini geleceklere yönelik olarak bilinçli şekilde değil de, pasif olarak geçirdiklerini ve bunu yaparken de arkadaşlarıyla beraber olmayı tercih ettiklerini ve en önemlisi halter branşını severek, isteyerek yaptıklarını belirtmişlerdir. Sporcuların gelecekteki performanslarını yükseltilmesinde ve başarılarının planlamasında hayat tarzı, dolayısıyla serbest zamanların etkili ve bilinçli şekilde değerlendirilmesi önemli bir rol oynamaktadır. Federasyon ve kulüpler, sadece haltercilerin antrenmanlarını değil, eğitim ile birlikte serbest zaman etkinliklerini de iyi planlamalıdır.

**Anahtar Kelimeler:** Serbest zaman faaliyetleri, halter, sporcu, kulüpler, kısa dönem.

## INTRODUCTION

Physical education and sport activities make an important contribution to the physical, mental, social and moral developments of the individual in modern societies both in the general education system and in the other sections of community life (27).

Physical Education and Sports which is an integral part of the general education system is not only a kind of education based on physical activities but is also a field appealing to the human body through physical activity and which is related to its general instruction. Sport is admitted as a key element of the oncoming generations and as an activity that spiritually, mentally and physically offers health to the young who are the assurance of our future (22).

The ways of life existing in societies where active athletes who in the future will instruct and develop sport and its branches which have a big importance in the sense that they are influencing great crowds of people within the world in which we are living, the way and how they appreciate their times, their behaviors are attracting the interest of all of us. Therefore Physical Education and Sports; have a considerable importance in terms of individual understanding without distinction of gender, age, race, religion, language, social fusion and in the establishment of international relationships and as well as in the demonstration of unity and solidarity (5). The foremost difference existing in developed countries in comparison with countries in development and undeveloped countries is the consciousness and determination that they express in using leisure times in an efficient and active way. According to the research realized over the human health and efficiency, the societies have to take up precisely the balance between work and leisure time within the extent of continuous time when they determine their plans and objectives in regard with their own future. A solution can be approached for the problems by having the conscience that time is influenced by the development process of the society and that is a source that requires being used judiciously (3). The realization of leisure time activities in a sense is related with the level of the socio-economic development of a country. The countries that can produce and continuously renew technologies, establishing the necessary environment for the execution of leisure time activities contribute to the development of recreative activities (11). A more advanced technology, offers more leisure times for the use of the human (14).

Scientific and technologic improvements on one hand are facilitating human life and on the other hand are offering the possibility to spare time for one. Therefore, the human is also attaching importance to the time out off the working period (7). Accordingly, the individuals have to appreciate their leisure time

consciously in order to be healthful, to have an access to a self knowledge, to be aware about their own abilities and efficiencies, to reach completely their own potential. Since the maintenance of a healthy and dynamic human organism is related to its mobility the participation to sporting events is an obligation for the physical, mental development and socialisation of young peoples and for offering a healthy life for the adults and the old persons (10). The necessity and the essentialness of the appreciation of leisure times is a state existing nowadays. However, there the important thing is not the appreciation of leisure times but is to know the approaches leading to an effective and efficient appreciation of leisure times. Nowadays everyone can appreciate his leisure time. But it is not possible to state that every individual do this effectively and efficiently (23).

## METHOD

An effective, fine and regular participation of athletes to leisure time events will provide to them the opportunity to lead a life that will help them to exhibit a superior performance. For this reason the Survey method have been used during this study which has been performed in order to determine the kinds of participation to short leisure time activities of athletes who have participated to the Turkish Inter-Clubs Weightlifting Championship.

### Population and Illustration of the Research

The persons who are regularly practicing sport actively in the weightlifting branches existing in the structure of Turkish Clubs constitute the population of the research. The illustration is based on 40 weightlifters from diverse clubs who have participated to the Turkish Inter-Clubs Weightlifting Championship held in the Province of Muğla on November 2008. 66 of the total 186 weightlifters constituting the illustration are women athletes and the remaining 120 athletes are men.

### Data Collection

National and foreign fundamental publications and books and as well as the available literature in connection with this matter have been used as means in order to collect data during our research and a survey form have been prepared accordingly to the point of views of investigators and specialists (9,14,24). The pilot study composed by 13 individual and 25 questions in connection with leisure time has been realized over students' regularly practicing sport in various branches of the Faculty of Education of Muğla University. Cronbach's Alpha Reliability Coefficient was found as 0.8338. One hundred students have participated to this pilot study realized by the intermediary of a survey and the questions present inside the surveys and that have been wrongly evaluated have been removed then opinions of

specialists have been received again and finally the application of the survey has been started.

### Analysis of Data

The SPSS Statistic Package has been used for the analysis of the data. The frequency, percentage distribution and the “t test” results have been displayed with tables and have been interpreted and estimated according to this. 0,05 is considered as statistical significant level of this study.

### RESULTS

59.7% among the athletes which have participated to the Turkish Inter-Clubs Weightlifting Championship held in the province of Muğla on November 2008 and that have participated in our study were 18 years old and under, 26,3% were between 19-22 years old, 10,2% were between 23-26 years old, 2,7% were between 27-30 years old and 1,1% were 31 years old and above. 1,1% among the total 186 weightlifters who have participated in our study have received a graduate education, 28% of them a university education, %57,5 of them a high school education, %8,6 of them a secondary school education and 4,8% of them an elementary school education. The distribution of weightlifters who have participated in Turkish Inter-Clubs Weightlifting Championship is respectively as follows according to the income statue of their family; 2,7% have given the answer “my mother is working”, 68,8% of them the answer “my father is working, 16,1% of them the answer “both of them are working”, 5,9% of them the answer “neither of them is working”, 6,5 % of them the answer “other”. 31,2% of the total 186 weightlifters have answered “yes” , 46,2% of them have replied “no” and 22,6 of them have answered “partially”.

When we have examined if the athletes who have participated to the Turkish Inter-Clubs Weightlifting Championship are thinking or not thinking that their directors are providing to them satisfactory opportunities in order to appreciate their leisure times, 31,2% of the total 186 weightlifters have replied “yes”, 46,2% of them have responded “no” and 22,6% of them have answered “partially”. It can be said that a clear majority of the weightlifters are thinking that not enough opportunities are provided to them by their directors in order to appreciate their leisure times.

76,3 % of the total of 186 weightlifters who have participated to the Turkish Inter-Clubs Weightlifting Championship have given the answer “yes”, 11,3% the response “no” and 12,4% of them have responded “partially”. It can be said that the athletes practice the branch of weightlifting willingly and with a great pleasure.

29.6 % of the total of 186 weightlifters who participated to the Turkish Inter-Clubs Weightlifting

Championship has given the answer “yes”, 53.2% of them the response “no” and 17.2% of them have responded “partially”. It can be said that the half of the weightlifters are not receiving information from their clubs at a required level in regard with leisure time education. Besides, 29 % of the total of 186 weightlifters has given the answer “yes”, 45.2% of them the response “no” and 25.8% of them have responded “partially”. Thus it can be state that near to the half of the weightlifters are not reading at a sufficient degree publications in connection with leisure time.

**Table 1.** Distribution according to the opinions of Weightlifters who have participated to the Turkish Inter-Clubs Weightlifting Championship in regard with the question: “Are you satisfied about the branch of sports that you are practicing?”

	Gender		Total	
	N	%	n	%
Yes	M-89	62,7	142	76,3
	W-53	37,3		
No	M-16	76,2	21	11,3
	W-5	23,8		
Partially	M-15	65,2	23	12,4
	W-8	34,8		
			186	100

**Table 2.** Distribution according to the opinions of Weightlifters who have participated to the Turkish Inter-Clubs Weightlifting Championship in regard with the question: “Are you reading in your club publications in regard with leisure time education?”

Publications	Gender		Total	
	N	%	n	%
Yes	M-33	61,1	54	29
	W-21	38,9		
No	M-53	63,1	84	45,2
	W-31	36,9		
Partially	M-34	70,8	48	25,8
	W-14	29,2		
			186	100

30,6 % of weightlifters who have participated to the Turkish Inter-Clubs Weightlifting Championship have marked the answer “I practice and watch other branch of sports”, 38,7% of them have point out the answer “I read books, newspapers and magazines”, 62,9% of them have marked the answer “I listen to music”, 44,1% of them have noted the answer “I watch television”, 9,7% of them have marked the answer “I go to coffee house, clubhouse or café”, 49,5% of them have pointed out the answer “ I go to promenade”, 11,8% of them have noted the answer “ I go to bars, beerhouses or to music-halls”, 58,1% of them have marked the answer “ I take a rest”, 23,1%

of them have pointed out the answer “ I play instrument”, 22% of them have marked the answer “I go to cinema or to theatre”, 17,2% of them have noted the answer “I am occupied with handicrafts and art”, 36,6 % of them have pointed out the answer “I follow or look on publications in regard with my own branch of sports”, 28% of them have marked the

answer “I visit my friends”, 28,5% of them have noted the answer “I go to shopping. It has been observed that weightlifters mostly opt for listening music, taking a rest, going to promenades and watching television and that at the very least they prefer to go to places like cafés, clubhouses, coffee houses and bars, beer houses, music halls.

**Table 3.** Distribution according to the opinions of Weightlifters who have participated to the Turkish Inter-Clubs Weightlifting Championship in regard with the question: “How do you appreciate your free times after training sessions?”

	N	%
I practice and watch other branch of sports.	57	30,6
I read books, newspapers and magazines.	72	38,7
I listen to music.	117	62,9
I watch television.	82	44,1
I go to café, clubhouse or coffee house.	18*	9,7*
I go to promenade.	92	49,5
I go to bars, beerhouses or to music-halls.	22*	11,8*
I take a rest.	108	58,1
I play instrument.	43	23,1
I go to cinema or to theatre.	41	22
I am occupied with handicrafts and art.	32	17,2
I follow or look on publications in regard with my own branch of sports.	68	36,6
I visit my friends.	52	28
I go to shopping.	53	28,5

\* Since more than one choice has been marked n is above 186.

**Table 4.** Distribution according to the opinions of Weightlifters who have participated to the Turkish Inter-Clubs Weightlifting Championship in regard with the question: “What are you doing during your leisure times within the week-ends?”

	N	%
I practice or watch other branch of sports	52	28
I attend sport competitions	79	42,5
I go to picnic	58	31,2
I go to hunting	25	13,4
I go to swimming	44	23,7
I go to fishing	26	14
I go to promenade	94	50,5
I go to café, club house or coffee house.	24*	12,9*
I go to shopping	52	28
I watch television	72	38,7
I listen to music	93	50
I follow or look on publications in regard with my own branch of sports.	56	30,1
I go to bar, beer house or music hall.	24*	12,9*
I take a rest	96	51,6
I visit my friends	63	33,9
Other	7	3,8

\* Since more than one choice has been marked n is above 186.

**Table 5.** Kinds of participation to “Daily and Weekly Leisure Time Activities” of Weightlifters who have participated to the Turkish Inter-Clubs Weightlifting Championship

Daily	Gender		Total		Weekly	Gender		Total	
	n	%	n	%		n	%	n	%
No participation	M-35	59,3	59	31,7	No participation	M-36	61	59	31,7
	W-24	40,7				W-23	39		
1 hour	M-13	54,2	24	12,9	1-2 days	M-35	63,6	55	29,6
	W-11	45,8				W-20	36,4		
2 hours	M-22	81,5	27	14,5	3-4 days	M-26	63,4	41	22
	W-5	18,5				W-15	36,6		
3 hours	M-19	61,3	31	16,7	5-6 days	M-13	86,7	15	8,1
	W-12	38,7				W-2	13,3		
4 hours and more	M-31	68,9	45	24,2	7 days	M-10	62,5	16	8,6
	W-14	31,1				W-6	37,5		
			186	100				186	100

28% of the weightlifters who have participated to the Turkish Inter-Clubs Weightlifting Championship have answered “I practice and watch other branch of sports”, 42,5% of them have replied “I attend sport competitions”, 31,2% of them have answered “I go to picnic”, 13,4% of them have responded “I go to hunting”, 23,7% of them have answered “I go to swimming”, 14% of them have replied “I go to fishing”, 50,5% of them have responded “I go to promenade”, 12,9% of them have answered “I go to café, club house or coffee house”, 28% of them have replied “I go to shopping”, 38,7% of them have responded “I watch television”, 50% have answered “I listen to music”, 30,1% of them have replied “I follow or look on publications in regard with my own branch of sports”, 13,4% of them have responded “I go to bar, beer house or music hall”, 51,6% of them have answered “I take a rest”, 33,9% of them have replied “I visit my friends” and 3,8% of them have responded “Other”. It has been observed that weightlifters mostly opt for taking a rest, going to promenades, listening music and attend sport competition and that at the very least they prefer to go to places beer houses, music halls, club houses and coffee houses.

31,7% of the total of 186 weightlifters who have participated to the Turkish Inter-Clubs Weightlifting

Championship have expressed to attend leisure times as having “no participation”, 12,9% of them as having “1 hour”, 14,5% of them as having “2 hours”, 16,7% of them as having “3 hours”, 24,2% of them as having “4 hours and more” of participation.

The number of hours representing the participation of weightlifters to daily leisure times shows great variety and in the meantime it has been established that weightlifters who have expressed to not having any participation and the others that have notified to having “4 hours and more” of participation were more than the weightlifters that have expressed the other kinds of participation. Besides, 31,7% of the total of 186 weightlifters who have participated to the Turkish Inter-Clubs Weightlifting Championship have shown participation as having “no participation”, 29,6% of them as having “1-2days”, 22% of them as having “3-4 days”, 8,1% of them as having “7 days” of participation.

It has been observed that weightlifters mostly participate 1-2 days weekly to leisure time activities but at the same time that it exists days of non participation. Consequently, it can be affirmed that the most of the weightlifters are not participating to leisure time activities at a sufficient and desired level.

**Table 6.** Distribution of kinds of opinions of Weightlifters who have participated to the Turkish Inter-Clubs Weightlifting Championship regarding to the question “Wath is the reason of insufficient participation to Daily and Weekly Leisure Time Activities?”

	N	%
Economic Insufficiency	47	25,3
I have no idea in regard with how and why I am going to practice which activity	21	11,3
I am not in possession of friends and social motivations in order to be oriented to activities.	26	14
I am not habituated to spend time by performing specific activities.	24	12,9
Facilities, equipments for encouraging the participation to events are not sufficient; their programs do not comply with me.	36	19,4
The environment where I am situated is an obstacle for my participation to such activities.	18	9,7
I have not enough time.	46	24,7
Other	3	1,6

\* Since more than one choice have been marked n is above 186.

**Table 7.** Distribution of kinds of opinions of Weightlifters who have participated to the Turkish Inter-Clubs Weightlifting Championship regarding to the question “What is the impression leaved over you by the Leisure time activities?”

	N	%
I think that they have a recreative effect.	111	59,7
I think that they have an elating and amusing effect	89	47,8
I think that they have a relaxing effect and that they keep me away from my boredoms.	78	41,9
They have a positive effect over my health.	60	32,3
I establish relationships with people more easily, my entourage is enlarging.	62	33,3
They provide with a social status.	43	23,1
I think that they have a diverting and exciting effect.	51	27,4
I think that they are instructive.	52	28
I find out various experiences.	54	29
Other.	2	1,1

\* Since more than one choice has been marked n is above 186.

The kinds of participation to activities of weightlifters who have participated to the Turkish Inter-Clubs Weightlifting Championship have been occurred due to reasons which distribution is as follows; 25,3% “Economic Insufficiency”, 11,3% “I have no idea in regard with how and why I am going to practice which activity”, 14% “I am not in possession of friends and social motivations in order to be oriented to activities”, 12,9% “I am not habituated to spend time by performing specific activities”, 19,4% “Facilities, equipments for encouraging the participation to events are not sufficient; their programs do not comply with me”, 9,7% “The environment where I am situated is an obstacle for my participation to such activities”, 24,7% “I have not enough time”, 1,6% “other”. With regard to the reasons generating insufficient participation to leisure times activities weightlifters are in the opinion that economic insufficiency, time insufficiency and deficiency of facilities and equipments encouraging the participation to events and the inadaquacy of programs according to them are representing the most important factors.

The weightlifters who have participated to Turkish Inter-Clubs Weightlifting Championship have communicated their opinions as follow: 59,7% of them have affirmed “I find them recreative”, 47,8% of them “I find them elating and amusing”, 41,9% of them “I find them relaxing and keeping me away from my boredoms”, 32,3% of them “They have a positive effect over my health”, 33,3% of them “I establish relationships with people more easily, my entourage is enlarging”, 23,1% of them “They provide with a social status”, 27,4% “I find them diverting and exciting”, 28% of them “I find them instructive”, 29% of them “I find out various experiences” and 1,1% of them have affirmed “Other”. The weightlifters besides thinking that the leisure time activities have a very recreative, elating, amusing effect over them are as

well as determining this impression as to be relaxing and keeping away from boredoms.

**Table-8-**Kinds of opinions of Weightlifters who have participated to the Turkish Inter-Clubs Weightlifting Championship regarding to the question “What is your kind of participation to leisure time activities?”

	Gender		Total	
	n	%	n	%
Alone	M-37	82,2	45	24,2
	W-8	17,8		
With my family	M-10	32,3	31	16,7
	W-21	67,7		
With my social circle	M-70	66,7	105	56,5
	W-35	33,3		
Other	M-3	60	5	2,7
	W-2	40		
			186	100

24.2% of the total 186 weightlifters who have participated to the Turkish Inter-Clubs Weightlifting Championship have affirmed to have a participation to leisure time activities “Alone”, 16.7% of them have answered “with my family”, 56.5% of them have replied “with my social circle” and 2.7% of them have affirmed “other”. It can be said that the weightlifters mostly prefer to participate to leisure time activities with their own social circle.

The table consists of findings related to 16 questions in connection with leisure time activities which have been replied by men and women weightlifters. 184, s.d,t values are found to be between 1,61498 and 0,50035 at the importance level 0,05. As for in the last of these findings, for the questions 2,3 and 4 a significant differentiation has been occurred in favor of men weightlifters and no significant differentiation has been found for the other questions.

**Table 9.** The opinions in regard with leisure times activities of weightlifters who have participated to the Turkish Inter-Clubs Weightlifting Championship according to the gender of athletes.

Questions	Variables -N	Mean	Standard deviation	t	p
1. Are you satisfied about the branch of sport in which you are actually practicing sport?	M-120 W-66	1,3833 1,3182	0,70034 0,68296	0,612	0,541
2. Are you thinking that the material and immaterial opportunities provided by your Federation are sufficient?	M-120 W-66	1,9500 1,6364	0,65913 0,73665	2,977*	0,003
3. Are you thinking that the material and immaterial opportunities provided by your club are sufficient?	M-120 W-66	1,9167 1,5606	0,72857 0,72597	0,208*	0,002
4. Are your club directors submitting to you opportunities in order to appreciate leisure times?	M-120 W-66	2,0250 1,7121	0,69164 0,75986	2,805*	0,005
5. Are you receiving information in relation with leisure time instruction inside your club?	M-120 W-66	1,9333 1,7727	0,65764 0,69715	1,560	0,121
6. Are you reading publications in relation with the appreciation of leisure times?	M-120 W-66	2,0083 1,8939	0,75030 0,72597	1,006	0,316
7. Are your trainers giving you any information related to the appreciation of your leisure times?	M-120 W-66	1,8417 1,9848	0,84013 0,91974	-1,075	0,248
8. Is your family giving you any information related to the appreciation of your leisure times?	M-120 W-66	1,7917 1,6515	0,85892 0,81321	1,085	0,279
9. Are you facing any difficulty for filling your leisure times?	M-120 W-66	2,0500 1,9848	0,59196 0,64432	0,696	0,487
10. How many hours do you participate to leisure time activities daily?	M-120 W-66	2,9833 2,7121	1,57706 1,61498	1,113	0,267
11. How many hours do you participate to leisure time activities?	M-120 W-66	2,3833 2,2121	1,25144 1,22179	0,900	0,369
12. Do you participate sufficiently to leisure time activities?	M-120 W-66	1,5417 1,5152	0,50035 0,50360	0,345	0,730
13. What is the kind of participation to leisure time activities?	M-120 W-66	2,3250 2,4697	0,94524 0,74874	-1,072	0,285
14. Are you believing that you use efficiently your leisure time activities?	M-120 W-66	1,9500 1,8485	0,90610 0,82727	0,754	0,452
15. Are you thinking tha the opportunities of the city where you are living are sufficient in order to appreciate your leisure time activities?	M-120 W-66	1,8000 1,7576	0,85602 0,80500	0,330	0,742
16. Are you thinking that the opportunities of your club are sufficient in order to appreciate your leisure times?	M-120 W-66	1,9833 1,8788	0,77766 0,83233	0,856	0,393

\* Significant at 0.05 level

Regarding to notions related to leisure time no difference has occurred in general in terms of the significancy of the opinions of men and women weightlifters. Consequently considering the information exchange related to leisure time, the appreciation, filling, the good and efficient use of this time, sufficient participation and kind of participation, club opportunities, we can said that the future star weightlifters love their branch of sports and that they exhibit devoted, healthy and positive approaches and behaviors in this way.

## DISCUSSION

It has been determined that the revenue and living of the family of 68,8% of the weightlifters are assured by their father. Further it has been observed that the living of 6,5% of the weightlifters is maintained by a person other than their mother and father. As it is seen in every society the case where family revenue and living are assured by fathers is observed in the same way in families of weightlifters. It has been defined that 76,3% of the athletes practice weightlifting as a branch of sports voluntarily, willingly

and with great solemnity. There 11,3% of them have given no answer. This result is very gladsome and elating for Turkey. Near of the half of weightlifters with a pourcentage of 48,4% are thinking that the material and immaterial opportunities submitted by their federation are not sufficient and at a required level. The weightlifters have to be encouraged and supported by directors of this domain in order to provide the weightlifting branch with a possibility to compete with other countries in order to be successful. These findings are similar to the findings existing in the the study of Korucu and his friends (17) named "Examination of the Interest of Classroom Preservice Teachers in regard with Leisure Time Habitudes and Sport". It has been observed that 45,2% of weightlifters are not reading publications related to the appreciation of leisure times, that 29% of them are reading and that 25,8% of them are partially reading this kind of publications. It is not possible to affirm that this occurs at a sufficient and expected level in today's world. However, it can be said that since most of the weightlifters 57,5% are graduated from high school, this situation also is

playing an effective role in the emergence of such a result.

Our results are showing similarity with the findings obtained from studies performed by Özkökeli (21) over riot police branch office department employees, by Afyon and his friends (1) over instructors and teachers, by Balcı (2) over university students, by Özdemir and his friends (19) over workers, by Kandaz and Hergüner (13) over physical education and sports teachers, by Yeniçeri and his friends (26) over public employees, by Zorba and his friends (30) over students who are receiving education in the department of physical education and sports academy, by Can and his friends (8) over primary preservice teachers.

Accordingly we can say that the weightlifters during their leisure times, at the least opting for inadequate places for them and mostly preferring the other behaviors have apprehended the importance of a healthy and organized life in order to be successful in sport and that they are displaying behaviour in this way.

As the number of hours of daily participation of weightlifters to leisure time activities is showing difference and since the number of weightlifters who do not participate (31.7%) and participate 4 hours and over to leisure time activities is great it can be probably state that the daily appreciation of weightlifters of leisure times is inequable and irregular. Findings similar to this finding has been observed in the study performed by Yaman and Yerlisu (25) over the leisure time habitudes of students receiving education in academies instructing sport education in Ankara and in the study executed by Kandaz and Hergüner (13) over physical education and sports teachers.

The weightlifters have a daily participation to leisure time activities and that in the meantime that this situation is displaying a variation numerically.

After a study performed by Yetiş (28) over state employees this frequency was determined to be 1 day weekly (47,8%), in a study performed by Zorba (29) over civil servants this frequency was established to be 1 day weekly (54,8%), in a study realized by Kaya (15) over students this frequency was established to be 1-2 days weekly (25,1%), in a study performed by Kesim (16) over private sector employees this frequency was determined to be 2-3 days weekly (36,2%), in a study realized by Özdemir and his Friends (19) over workers this frequency was established to be 1-2 days weekly (48,3%), in a study performed by Mete and Ağaoğlu (18) over the academic and administrative personnel of university the frequency of participation to recreative activities was determined to be 1 day weekly for the academic personnel with a percentage of 65.6% and 1day weekly for the administrative personnel with a percentage of 66%.

The literature knowledge is supporting the results of our study. These findings are showing similarity with findings existing in the studies realized by Yetiş (28) over state employees working in public establishments, by Afyon and his Friends (1) over instructors and teachers, by Göktaş and Çolak (12) over employees working in tax administrations, by Kandaz and Hergüner (13) over physical education and sports teachers. The impression left over the weightlifters by leisure time activities is always in the positive way however it shows very much divergence. Besides, the weightlifters have notified that the participation to leisure time activities mostly produce a recreative (59,7%), an elating and amusing (47,8%), a relaxing and keeping away from boredoms (41,9) effects over them.

Our finding are showing parallelism with the findings existing in the studies realized by Afyon and his friends (1) over instructors and teachers, by Özişik (20) over military academy instructors, by Binarbaşı and his friends (4) over teachers, by Kandaz and Hergüner (13) over physical education and sports teachers.

This finding is showing parallelism with the findings existing in in the study realized by Binarbaşı and his friends over teachers, in the study preformed by Özdemir and his Friesnds (19) over the leisure times activities of workers, in the study named The Evaluation of Kinds of Participation to Leisure Time Activities during Half-Term and Summer Holidays realized by Can (6) over primary preservice teachers. In the habitudes of appreciation of leisure times of weightlifters according to gender, it has been established that it exists a meaningful differentiation in favor of men weightlifters in questions 2, 3 and 4 and that in the other questions it does not exist a significant differentiation. In the opinions submitted to the question 2 “Are you thinking that the material and immaterial opportunities provided by your Federation are sufficient?” and to the question 3 “Are you thinking that the material and immaterial opportunities provided by your club are sufficient?” the men weightlifters as compared to women weightlifters are thinking that the material and immaterial opportunities provided by both their club and their federation are sufficient and at a desired level. Hence, it can be said that as compared to women weightlifters men weightlifters are more appropriating their own club and their own federation. In the opinions submitted to the question 4 “Is your club directors submitting to you opportunities in order to appreciate leisure times?” as compared to the women weightlifters the men weightlifters think that the club directors are provided them with expected and desired opportunities in order to appreciate theirs leisure time activities. Besides, we can say that it is possible to state that the clubs directors in

weightlifting are more using their material and immaterial means in such organizations for men athletes both in federation basis and in clubs basis. Moreover, we can say that it is possible to state that as it is for the other branches of sport, the clubs directors in weightlifting are more using their material and immaterial means in such organizations for men athletes both in federation basis and clubs basis. In the meantime, according to our findings related to the gender of athletes it can be said that the Weightlifting Federation and the clubs are giving more estimation and attaching more importance to men athletes. The participation at a percentage of 64,5% for men weightlifters and of 35,5% for women weightlifters to the Turkish Inter-Clubs Weightlifting Championship is supporting our opinion. As a consequence of this it is observed that the socio-economic structure of athletes is affecting them in the selection of weightlifting branch; that according to their culture and their economic power they turn towards the sport activities the most required and assimilated in the environment where they are born and where they have grown up.

Finally, it has been determined that men and women weightlifters who are practising actively the branch of weightlifting are not giving importance to the appreciation of their leisure times at sufficient and expected levels. Since that sufficient information and practices are not realized by the Federation and the relevant clubs in order to provide a conscious appreciation of leisure time activities, this is playing a direct role in the issue of this result. It has been observed that the leisure time events have recreative, restful, elating, amusing, relaxing, keeping away from boredoms and diverting effects over weightlifters. It is possible to say that in case the participation to leisure time events is increased and as a result of this as it will be weightlifters who have more recreative, restful, elating, relaxing, amusing and diverting times their success and performance will be increased and besides they will represent our country and our national flag in international organizations in a better way. For this reason, the weightlifting federation and the concerned clubs must plan and apply with specialists projects necessary in order to develop the weightlifters with healthy, reliable, satisfying leisure time activities and to extend these programmes. The great majority of the weightlifters involved in this study are in the same age range. The high level of participation to leisure time activities is due to the prominence of feelings like resting, relaxing, finding peace, being happy, keeping away from boredoms and being together with friends and having amusing time. Besides, the economic insufficiency is resulting on not spending enough time in daily and weekly leisure time activities and the insufficiency of facilities and equipments is limiting the targeted and expected participation to leisure time activities. In this sense, according to all findings obtained during this study, it can be state with a

gender free consideration that a great part of the weightlifters who have participated to the Turkish Weightlifting Championship are having various recreative activities during their leisure times.

The activities chosen by the weightlifters during their leisure times are limited to the same level of material and immaterial opportunities provided by the weightlifting federation and the relevant clubs as well to the dimension of facilities and equipments existing.

Consequently, weightlifters who are still youngs, at the beginning of their weightlifting life and who are in the age where various knowledge, skills and habitudes are acquired, have to be educated accordingly to the conditions and new techniques existing in the century in which they are living and with equipments in order to have the possibility to compete with other countries and have to be provided with more material and immaterial support. The way of life hence the efficient appreciation of leisure times are playing an important role for the planning of a long term success of weightlifters.

The federation and the clubs have not only to plan carefully the trainings of weightlifters but also to program attentively their education and as well their leisure time activities.

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