

Opinion and expectation of the community who come to the parks for doing sports (Applications in Gaziantep)

Huseyin OZTURK

School of Physical Education and Sport, Gaziantep University, Gaziantep, Turkey (e-mail; ozturkavrasya@hotmail.com).

Abstract

This study was prepared to determine the opinions and expectations of the community who come to the parks for doing sports. The population consists of the people who come to parks in Gaziantep for doing sports. Including 480 female and 372 male totally 852 people participated to research. Survey method (scanning) and the views and expectations survey which was developed by Tatlı was used for the study. A total number of 852 people, 480 women and 372 men, participated in the research. SPSS 18 statistical packaged software used for analysis of the datas obtained. To comment the results percentage, frequency distribution and X^2 technique were used. The research results indicated that people come to the parks and doing sport for living a healthy lifestyle, they prefer parks because of free charge and they feel healthy and spry after doing sport. High incidence of the participants want to study with a personal trainer, when consulted by gender women are doing sports to ensure weight control, while men want to do bodybuilding. There is not a significant relation between wish to do sport with a personal trainer and occupational group and when examined the relation between educational status and preference to do sports in parks, it is concluded that primary and secondary school graduates prefer parks because their children can play in the park while they are doing sport, high school graduates prefer parks because gyms have environment and hygiene problems, university graduates and above prefer parks because gym membership fees are high.

Keywords: Expectation, leisure, opinion, sport.

INTRODUCTION

In developing and changing world individuals had to contend with a number of stress sources. One of the major problem in this contention is individuals want to spend their leisure time resting, amusing or obtaining benefits. Concordantly the need for moving freely again, which is a natural right of the people increased in developing community (31).

Leisure is defined as a period of time that one can get rid of all the obligations and duties of himself /herself and to the others and spent time in activities that are chosen voluntarily for entertainment, recreation or self-improvement (7,6,16,32)

Leisure time generally defined as recreation concept. Recreation contribute to individuals to get rid of the monotony of life with cultural and sportive activities which are proper to individual personality and one participate voluntarily and enjoy it (24).

Recreation areas have become one of the most important leisure activity areas in developing and changing world and began to find hisself place with different uses especially in the city life (24). Open areas, which are increasing in number and giving opportunity to benefit leisure time almost everywhere and has become one of the areas that participants benefit mostly (9).

For these reasons, preparation environments to allow individuals live happier and peacefully has become the main target of the leisure managers, various institutions and organizations but first of all municipalities. To achieve this target, it is required to create an environment that individuals commune with nature and environment, amuse and rest. In this sense, preparation of the areas where people can spend their times with sport activities considered as a remarkable matter. During the recent years, an increasing number of outdoor sports and leisure parks in Turkey demonstrated the relationship between leisure, entertainment, recreational and

sport activities effectively and contributed to the creation of activities named as sporting recreation.

Conducted researches indicate that socio-economic developed societies spend their leisure time with recreational activities and outside the home. Recreation is a fact that which has an increasing importance in community life and expanding fastly (26). Another research result shows that thanks to exercises done in open area, individuals have opportunity to change positively in aspects of psychological relief, refreshment, avoidance from stress and social relationships (10,18,20-22).

Exercises done in outdoor sports parks, as well as its psychological benefits also contributes to the individual in terms of prevention of various diseases such as osteoporosis and type-2 diabetes (30). Obtaining the health benefits require regular and programmed physical activities (34).

As a result, economic provide outdoor sports parks, a number of environmental and social benefits (is free). However, these benefits show up with designing qualified sports parks and increasing the fitness conscious of individuals.

Sport benefits only if it is done in a conscious way. Its negative effects come up when it is done unconsciously and these negative results can cause to irremediable and serious illnesses. Local governments must dwell on their services about this subject sensitively. Sports activities must be carried out under the supervision of specialists who will coordinate the activities and we believe that it will be the most accurate way. It is thought that done study with the cooperation of School of Physical Education and Sports within scientific scope both provide people to do sports in a conscious and efficient way and increase the satisfaction of the people to the municipality. This study aimed to determine views and expectations of people who came to park to do sport. Also to inform the municipalities if there is a deficiency for fixing it.

MATERIAL & METHOD

Population and Sample

The population consist of people, who come to the parks for doing sport. Population is determined with random sample method and total of 852 people, 480 women and 372 men who comes for doing sport, participated in this research.

Data Collection

Within the scope of data collection, we conferred with the people one to one, who come to parks for doing sport in Gaziantep after giving information about this research, a survey were conducted to volunteer candidates who wish to participate in the study.

Data Collection Tools

The survey method was used to collect the data needed for the research. 6 of the questions in the survey are for determining the demographic informations of people, while 12 of them developed by Tatlı (31) and aimed at determining the opinions and expectations about sport parks.

Analysis of Data

SPSS 18 statistical packaged software used for analysis of the data obtained. To comment the results percentage, frequency distribution and χ^2 technique were used. Data solution age, gender, occupation, education level, marital status, arguments about the effects on the sport in question to engage in sports with a sports park on the monthly net income is compared. χ^2 method used for this comparison. The significance level between demographic questions and some other questions examined while using this method.

RESULTS

When Table 1 examined it was concluded that 480 (56.3%) of the participants are women, 372 (43.7%) of them are men, 641 (75.2%) of the participants are married and most of the participants are house wives consist of 292 (34.3%) women, most of the participants consist of 268 person (31.5%) are salaried between 1501-2000 TL and most of them are primary school graduates 275 person (32.3%).

When Table 2 examined and considering intended purposes of the participants about sports fields in the parks, 315 (37%) of the participants chose living a healthy life and 46 5.4(%) of the participants chose having a clear mind by doing sport.

When Table 3 is examined and considering the reasons for preferring parks for doing sport, free charge is the predominant reason and consist of 261 persons (30.6%), environment and hygiene problems of gyms is least effective reasons and consists of 38 persons (4.5%).

Table 1. Personal informations about participants.

Variable	Groups	n	%
Gender	Woman	480	56.3
	Man	372	43.7
Marital Status	Married	641	75.2
	Bachelor	211	24.8
Age	20 aged and below	74	8.7
	21-30 aged	159	18.7
	31-40 aged	264	31
	41-50 aged	275	32.3
	51 aged and above	80	9.4
Occupation	Housewife	292	34.3
	Unemployed	54	6.3
	Civil Servant	65	7.6
	Worker	133	15.6
	Private Sector Employee	71	28.4
	Retired	111	13
	Student	48	5.6
Monthly Income	900-1500	231	27.1
	1501-2000	268	31.5
	2001-2500	184	21.6
	900-1500	231	27.1
Educational Status	Primary School	275	32.3
	Secondary School	218	25.6
	High School	211	24.8
	University and above	148	17.4

Table 2. Intended purposes of the participants about sports fields in the parks.

	%	f
Live a healthy Lifestyle	37.0	315
Ensure the Weight Control	20.9	178
Having a Clear Mind by doing sport	5.4	46
To expand my social circle	3.5	30
Make use of my spare time	14.7	125
To develop my muscles	8.3	71
Being in nature	10.2	87

When Table 4 examined, participants mostly preferred the “feeling healthy and spry” option after doing sport and consist of 271 person (31.8%) and “feeling peaceful” is the least preferred option consist of 80 person (9.4%)

When Table 5 examined it was seen that participants preferred to working out under the supervision of sport specialists in the parks at high level and consist of 671 persons (78.8%).

When Table 6 examined and considering the relationship between gender and purposes of the participants, women’s purposes are respectively ensure the weight control 78.7%, to expand their social circle 73.3%, to live a healthy life 56.5%, while men’s purposes of using sports implements in the parks are respectively to develop their muscles 80.3%, having a clear mind by doing sport 65.2%, make use of their spare time 50.4%.

There is not a significant relation between occupational group of participants and preference of working out under the supervision of sport specialists (p=0.75).

Table 3. The reasons for preferring parks for doing sports.

	%	f
Because of free charge	261	30.6
For doing sport in fresh air	154	18.1
Gym membership fees are high	142	16.7
It is close to my home	154	18.1
My child can play in the park while I’m doing sport	103	12.1
I think that gyms have environment and hygiene problems	38	4.5

Table 4. Feelings of the participants after doing sport in parks.

	%	f
Tired and Exhausted	15.0	128
Happy	19.7	168
Healthy and Spry	31.8	271
Feel Pain in my Body	13.5	115
Peaceful	9.4	80
Feel Comforted Psychologically	10.6	90

Table 5. The preference of the participants working out under the supervision of specialists in the parks.

	%	f
Yes	78.8	671
No	21.2	181

When Table 7 examined and considering the reasons of choosing parks for doing sport and educational status, primary and secondary school graduates (respectively, 46.6%, 34.0%) prefer parks because their children can play in the park while they are doing sport, high school graduates (36.8%) prefer park because the gyms have environment and hygiene problems, university

graduates and above (32.4%) prefer parks because gym membership fees are high.

Table 6. The Relationship between Gender and Purposes of the Participants Doing Sport in Parks.

	Women	Men	Chi-square
Live a healthy Lifestyle	n 178	137	
	% 56.5	46.5	
Ensure the Weight Control	n 140	37	$\chi^2=89.30$
	% 78.7	21.3	df=6
Having a Clear Mind by doing sport	n 16	30	P<0.05
	% 34.8	65.2	
To expand my social circle	n 22	8	
	% 73.3	26.7	
Make use of my spare time	n 62	63	
	% 49.6	50.4	
To develop my muscles	n 14	57	
	% 19.7	80.3	
Being in nature	n 48	39	
	% 56.3	43.7	

DISCUSSION

Four hundred-eighty (56.3%) women and 372 (43.7%) men participated in the research. The results of the study done by Bulgu et al. (8) and named as "Daily Living, Women and Physical Activity" indicated that the creation of new opportunities for women to participate in physical activities in recent years, effects of women's movement, increase in health and physical fitness movements increased the participation of women in physical activities. In the study done by Ay (4) and named as "Advantages and Disadvantages of Using Exercises Areas in the Parks Burdur City

Center Study" women predominate at a rate of 71.6% when the gender of the participants examined. As a result of the study done by Henderson (15), it was concluded that women have less opportunity to participate in recreation activities because they have to look after children and do the houseworks. Alexandris & Carroll (2) consist of women of more restrictive in their study did, it was concluded that there is reason to do less sport than men.

Mostly married people, 641 persons (75.2%) appear to be. As a result of the study done by Ağılönü (1) and named as "Recreation Services in Local Governments and Model Determination" (Fethiye Example), the participants consist of married people at the rate of 93.8 %, while the study done by Mengütay et al. (19) made clear that the Point-to Leisure Activities Participate Employees in Local Governance Causes and Outcomes from work seems to be higher than 78.6 % of the proportion of the married participants.

It is seen that most of them, 275 persons (32.3%), are primary school graduates. Considering the results, it is seen that the study is similar to some other studies and also difference from some other studies. As a result of the study done by Ağılönü (1), it is seen that most of the participants are secondary school graduates at the rate of 61.6%. Özdemir et al. (23) conducted a study on mine workers, who work at General Directorate of Hard Coal; about determination of recreation routines and it is seen that most of the participants are primary school graduates at the rate of 48.2%.

Table 7. The relation between educational status of the participants and reasons of choosing parks for doing sport.

	Primary School	Middle School	High School	University and Up	Ki-Kare
Because of Free charge	n 105	76	54	26	
	% 40.2	29.1	20.7	10	
For doing sport in fresh air	n 41	32	53	28	$\chi^2=92.49$
	% 26.6	20.8	34.4	18.2	df=15
Gym membership fees are high	n 20	30	46	46	P<0.05
	% 14.1	21.1	32.4	32.4	
It is close to my home	n 47	41	34	32	
	% 30.5	26.6	22.1	20.8	
My child can play in the park while I'm doing sport	n 48	35	10	10	
	% 46.6	34.0	9.7	9.7	
I think that gyms have environment and hygiene problems	n 14	4	14	6	
	% 36.8	10.5	36.8	15.8	

When considered the intended purposes of the participants about sports fields in the parks, it is seen that 315 (37%) of the participants chose living a healthy life and 46 (5.4%) of the participants chose having a clear mind by doing sport. The results of the study done by Tatlı (31) indicated that most of the participants (65.7%) use sports parks for living a healthy life, while the results of the study done by Ay (4) indicated that most of the participants (66.7%) coming to sport parks for ensuring the weight control.

Considering the reasons for preferring parks for doing sport, free charge is the predominant reason and consist of 261 persons (30.6%), environment and hygiene problems of gyms are least effective reasons and consist of 38 persons (4.5%). %31.4 of the participants chose the reason "for doing sport in fresh air" according to results of the study done by Ay (4).

It is seen that participants mostly preferred the "feeling healthy and spry" option after doing sport and consist of 271 person (31.8%) and "feeling peaceful" is the least preferred option consist of 80 person (9.4%). The study done by Ay (4) indicated that most of the participants (52.9%) felt tired and exhausted after doing sport. As a result of the study done by Ağılönü (1) most of the reasons for doing sports are personality development 22%, ensure the status, have fun and hold on to the life and also lose weight. According to Mengütay et al. (19), 10.7 % of the participants' preferred "it contributes to health" option. "Health" factor is placed on the top when considering the factors motivating the participants in to recreational activities who getting service from Private Medical- Sport Centres as to study done by Güngörmüş (28).

The participants want to working out under the supervision of sport specialists in the parks at high level, consist of 671 person (78.8%). Considering the results it is seen that the study is similar to some other studies and also difference from some other studies. As a result of the study done by Tatlı (31), most of the participants (91.6%) agreed that sports activities must be carried out under the supervision of specialists. In the study done by Simsek et al. (28) and named as "A Study Relating to Open Field Exercise Parks and Users", most of the participants (81%) want to work out under the supervision of sport specialists.

In the study done by Ay (4) and named as "Advantages and Disadvantages of Using Exercises Areas in the Parks Burdur City Center Study", similar results were obtained. All the age groups defended working out under the supervision of sport specialists.

Considering the relationship between gender and purposes of the participants, women's prior purpose is ensuring the weight control (78.7%), while men's prior purpose of using sports implements in the parks is developing their muscles 80.3%. When the study done by Ay (4) considered as to gender, the results indicated that 44.8% of the men and 75.3% of women responded as ensure the weight control. As a result of the study done by Tsai (13) with the participation of 246 men and 45 women, it was determined that exercise motivation levels of the participants don't differentiate at the sub-dimensions according to according to gender of the individuals.

Considering the reasons of choosing parks for doing sport and educational status, primary and secondary school graduates (respectively, 46.6%, 34.0%) prefer parks because their children can play in the park while they are doing sport, high school graduates 36.8% prefer park because the gyms have environment and hygiene problems, university and above graduates 32.4% prefer parks because gym membership fees are high. Gumus (3) have made the studies of individuals who have primary level education, secondary-school and university level, they participate more positive reasons than those individuals with education (3). Aşıkutlu (27) concluded that the park vary according to the use of education. Searle & Jackson (25) the level of education in the work that has been done to the sport in the recreational park states that the restrictive reduced to increase sports.

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