

## Investigation of the Relationship Between the Levels of Leisure Time Satisfaction and Passion in Sports Who Exercise Individuals Fitness

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### Abstract

This study aimed to reveal the relationship between the leisure satisfaction levels of individuals who do fitness exercises and their passion levels in sports. The study group of the research consisted of individuals who did fitness exercises in Aydın in 2023. 259 individuals voluntarily participated in the study. In the study, demographic information was used as a data collection tool in the first part, and in the second part, the "Passion in Sport Scale" developed by Sigmundsson et al., (2020) and adapted into Turkish by Özdayı et al., (2021), and the "Leisure Time Satisfaction Scale" developed by Beard and Ragheb (1980) and adapted into Turkish by Gökçe and Orhan (2011) were used. In statistical terms, frequency analysis, reliability coefficient calculations, pearson correlation analysis, simple regression analysis, t test and anova analysis were performed. There was a statistically significant difference ( $p<0.05$ ) between the variables of leisure satisfaction and weekly exercise duration and sports experience of the participants, and a statistically significant difference was detected between passion in sports and age, weekly exercise time and sports experience variables ( $p<0.05$ ). It has been concluded that individuals who do fitness exercises have a significant and positive effect on their leisure satisfaction.

**Keywords:** Sport, Leisure time, Satisfaction, Passion.

### Fitness Egzersizi Yapan Bireylerin Serbest Zaman Doyum Düzeyleri ile Sporda Tutku Düzeyleri Arasındaki İlişkinin İncelenmesi

#### Öz

Bu çalışmada amaç, fitness egzersizi yapan bireylerin serbest zaman doyum düzeyleri ile sporda tutku düzeyleri arasındaki ilişkiyi ortaya koymaktır. Araştırmanın çalışma grubunu, 2023 yılında Aydın ili Nazilli ilçesinde fitness egzersizi yapan bireyler oluşturmuştur. Araştırmaya 259 birey gönüllü olarak katılmıştır. Araştırmada veri toplama aracı olarak birinci bölümde demografik bilgiler, ikinci bölümde Sigmundsson ve diğerleri (2020) tarafından geliştirilen ve Türkçe geçerlilik güvenilirliğini Özdayı ve diğerleri (2021) tarafından yapılan "Sporda Tutku Ölçeği" ile Beard ve Ragheb (1980) tarafından geliştirilen, Türkçe geçerlilik güvenilirliği Gökçe ve Orhan (2011) tarafından yapılan "Serbest Zaman Doyum Ölçeği" kullanılmıştır. İstatistiksel açıdan, frekans analizi, güvenilirlik katsayısı hesaplamaları, pearson korelasyon analizi, basit regresyon analizleri, t testi ve anova analizi yapılmıştır. Katılımcıların serbest zaman doyumunu ile haftalık egzersiz süresi ve spor geçmişi değişkenlerinde istatistiksel olarak anlamlı farklılık olduğu ( $p<0.05$ ); sporda tutku ile yaş, haftalık egzersiz yapma süresi ve spor geçmişi değişkenleri arasında istatistiksel olarak anlamlı farklılık olduğu sonucuna ulaşılmıştır ( $p<0.05$ ). Fitness egzersizi yapan bireylerin sporda tutku durumlarının serbest zaman doyumunu üzerinde anlamlı ve pozitif yönde etkisinin olduğu sonucuna ulaşılmıştır.

**Anahtar Kelimeler:** Spor, Serbest zaman, Doyum, Tutku.

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## INTRODUCTION

In today's western societies, 'fit body' has taken its place as a symbol of strong status and body fitness for both men and women. Fitness centres are also the service areas where individuals have been going to have a fit body in recent years. Fitness centres, which are one of the most important centres of the sports and health sector in Turkey as in the whole world, draw attention as one of the important service areas (Yildiz et al., 2016). There are 2555 fitness centres in Turkey (Yildiz et al., 2021). Fitness exercise is a non-competitive exercise that aims to regulate physical form using different tools (Kayhan et al., 2021). In addition, fitness exercises are among the efforts people make to protect their mental health (Pulur & Gedik, 2021). In addition, people who do fitness exercises continuously and regularly can achieve their goals by motivating themselves (Riseth et al., 2022). In addition, people's performance in sports or exercise activities is affected by many factors. There are both physical and psychological factors that increase or decrease the performance of the individual. In general, the factors that increase the physical capacity of the individual consist of factors such as the training capacity of the individual, sleep patterns, loading, etc., while one of the factors such as motivation, intrinsic motivation, and desire to achieve, which affect psychologically is passion.

Passion is defined as an intense desire or enthusiasm that enables the individual to take action (Sigmundsson et al., 2020). Peterson and Seligman (2004) defined passion as the tendency to devote a lot of time and energy to activities that a person likes and considers important, which enables the person to reach a goal with enthusiasm and power. In this respect, passion can be understood as the energy source that motivates the athlete to maintain commitment and perseverance in any sport (Kovacsik et al., 2020). Passion generally contributes positively to emotion. In other words, the effort, time, and determination to work to achieve success can be explained by passion (Özdayı et al., 2021).

According to Vallerand, passion consists of two dimensions: Compatible passion and obsessive passion (Vallerand et al., 2003). Harmonious passion is a state of emotion that occurs when the person willingly chooses the activity without external factors and the level of liking the activity creates a motivating force for continuity (Stenseng et al., 2011). Obsessive passion occurs when participation in the activity is controlled and internalised and the process is performed due to intrinsic or extrinsic pressures (Vallerand & Miquelon, 2007). Many factors play a role in the formation of a passion for sports. One of these factors is the individual's leisure activities. The fact that both passion and leisure activities are processes that the individual controls with his/her own will plays an important role in the relationship between passion in sports and leisure.

“Leisure is the remaining time period of the work or other activities that an individual has to keep living” (Eskiler et al., 2019). Leisure time is defined as an experience that motivates the individual and is independent of work or other compulsory activities (Leitner & Leitner, 2004). Leisure satisfaction, on the other hand, appears as the positive satisfaction that individuals obtain as a result of their participation in leisure activities (Karlı et al., 2008).

When the literature was examined, although there were many studies on passion in sports and leisure satisfaction, there were no studies examining the relationship between leisure satisfaction and passion in sports. It is thought that our study will contribute to the field by

revealing the levels of passion in sports and passion in sports levels of individuals doing individual fitness exercises.

This study was conducted to reveal the relationship between the leisure satisfaction levels of fitness exercisers and their passion levels in sports. In this part of the study, information about the method was given.

## **METHOD**

### **Research Model**

This research aimed to determine the relationship between fitness participant's leisure satisfaction levels and sports passion levels by using a relational screening model as part of the screening model. The relational screening model was aiming to determine the presence and/or level of change between two or more variables and to specify the relationships between the variables (Büyüköztürk et al., 2014; Karasar, 2015).

### **Study Group**

The study group consisted of 259 individuals, 82 women and 177 men, who did fitness exercises in the Nazilli district of Aydın province in 2023. Simple random sampling method was used in the study.

### **Data Collection Tools**

The questionnaire used to collect the relevant data in the study consisted of three parts. In the first part; demographic information, in the second part; Passion in Sport Scale and in the third part; Leisure Satisfaction Scale were used.

***Passion Scale in Sport:*** The scale, which was developed by Sigmundsson et al., (2020) to measure the participants' level of passion in sport and adapted into Turkish by Özdayı et al. (2021), consisted of 8 items and a single factor. The scale had a 5-point Likert scale ranging from (1) 'Strongly disagree' to (5) 'Strongly agree'. As a result of the Turkish adaptation study, the internal consistency coefficient was calculated as 0.92.

***Leisure Satisfaction Scale:*** The scale, which was developed by Beard and Ragheb (1980) to determine the level of leisure satisfaction of the participants and adapted into Turkish by Gökçe and Orhan (2011), consisted of 24 items and six sub-dimensions. Questions 1-4 of the scale constitute the psychological sub-dimension, questions 5-8 the educational dimension, questions 9-12 the social sub-dimension, questions 13-16 the relaxation dimension, questions 17-20 the Physiological sub-dimension and questions 21-24 the aesthetic sub-dimension. The scale had a 5-point Likert-type rating from (1) Rarely True to (5) Almost Always True. In the Turkish validity and reliability study, the Cronbach Alpha internal consistency coefficient of the scale was in the range of .76 to .80 and the total scale was calculated as .90.

### **Ethical Approval**

This research was conducted by Aydın Adnan Menderes University Institute of Social and Humanities Sciences by providing the necessary permissions with the decision dated 21/03/2023 and numbered 31906847/050.04-08.

### **Data Collection**

The data collection tools of the research were delivered to the participants via Google Drive. Volunteerism was taken as a basis for the participants to fill in the data collection tools. A total of 259 participants were included in the study.

### **Data Analysis**

The data were analysed in SPSS 25.0 package programme. The reliability of the measurement tool was determined with Cronbach alpha. The normal distribution of the data was decided by analysing the kurtosis and skewness coefficients and it was seen that these values were between +2 and -2 and the data were suitable for normal distribution (George & Mallery, 2003). Kalaycı (2010) stated that the kurtosis and skewness coefficients should be between -3 and +3 for the data to be suitable for normal distribution. The relationship between the leisure satisfaction levels of fitness exercisers and their level of passion in sports was determined by the Pearson correlation test. Then, a simple regression analysis was applied to examine the effects. Moreover, frequency analysis and MANOVA analysis were performed statistically. The analyses were performed according to a 95% confidence interval.

## **RESULTS**

**Table 1.** Demographic Variables

<b>Variables</b>	<b>f</b>	<b>%</b>	
Age	25 years old and younger	99	38.2
	26-30 years old	65	25.1
	31-35 years old	54	20.8
	36 years old and older	41	15.8
Gender	Female	82	31.7
	Male	177	68.3
Weekly exercise frequency	2 days and below	44	17.0
	3-4 days	129	49.8
	5-6 days	70	27.0
	Everyday	16	6.2
Sport experience	1 years and less	24	9.3
	2-4 years	39	15.0
	5-7 years	64	24.7
	8-10 years	28	10.8
	11 years and more	104	40.2
Total	259	100	

The highest rates among the categorical variables of the data obtained in Table 1 were; participants aged 25 years and younger in the age variable (%=38,2), male participants in the gender variable (%=68,3), participants who do sports 3-4 days in the weekly exercise frequency variable (49,8%) and participants with a sports experience of 11 years or more in the sports experience variable (%=40,2).

**Table 2.** Descriptive values related to scales

Dimension	Cronbach alpha	$\bar{x}$	SD	Kurtosis	Skewness
Psychological	.753	3.50	.75	-.412	.228
Educational	.865	3.71	.80	-.406	.108
Social	.847	3.71	.79	-.484	-.006
Physiological	.912	4.05	.78	-.923	1.147
Relaxation	.853	3.58	.86	-.475	.034
Aesthetic	.877	3.72	.76	-.166	-.270
LS	.943	3.71	.63	-.371	.309
Passion	.775	4.11	.53	-.727	1.516

LS= Leisure Satisfaction

In Table 2, it was seen that the participants' leisure satisfaction levels were high, and the variable with the highest mean was the physiological dimension ( $\bar{x}= 4,05$ ). At the same time, it was seen that the participants had high levels of passion in sports ( $\bar{x}= 4,11$ ).

**Table 3.** Pearson correlation analysis results between participants' passion in sport and leisure satisfaction

Dimension		1	2	3	4	5	6	7	8
1- Psychological	r	1							
	p	-							
2- Educational	r	.681**	1						
	p	.000	-						
3- Socil	r	.540**	.676**	1					
	p	.000	.000	-					
4- Physiological	r	.558**	.556**	.567**	1				
	p	.000	.000	.000	-				
5- Relaxation	r	.495**	.528**	.453**	.560**	1			
	p	.000	.000	.000	.000	-			
6- Aesthetic	r	.511**	.543**	.560**	.588**	.474**	1		
	p	.000	.000	.000	.000	.000	-		
7- LS	r	.791**	.838**	.798**	.805**	.749**	.770**	1	
	p	.000	.000	.000	.000	.000	.000	-	
8- Passion	r	.403**	.420**	.370**	.356**	.396**	.388**	.491**	1
	p	.000	.000	.000	.000	.000	.000	.000	-

p<0.05\*

Table 3 showed there was a moderately significant and positive relationship between passion in sport and psychological leisure satisfaction (r=0.403), a moderately significant and positive relationship with educational (r=0.420), and a moderately significant and positive relationship with social (r=0.370). Moreover, there was a moderately significant and positive relationship with social (r=0.370).

**Table 4.** Results of simple regression analysis to analyse the effect of participants' level of passion in sport on leisure satisfaction

Independent Variable	Dependent Variable	R2	F	B	t	p	Durbin Watson
Constant	Psychological	.162	49.802	1.178	3.540	.000	2.130
				.566	7.057	.000	
Constant	Educational	.173	54.963	1.111	3.135	.002	2.151
				.633	7.414	.000	
Constant	Social	.133	40.701	1.445	4.026	.000	2.148
				.552	6.380	.000	
Constant	Physiological	.124	37.390	1.899	5.341	.000	2.013
				.524	6.115	.000	
Constant	Relaxation	.153	47.709	.939	2.432	.016	1.912
				.643	6.907	.000	
Constant	Aesthetic	.147	45.505	1.435	4.194	.000	1.945
				.556	6.746	.000	
Constant	LS	.238	81.775	1.335	5.023	.000	2.094
				.579	9.043	.000	

LS=Leisure Satisfaction

In Table 4, a simple regression analysis was performed to explain the effect of passion in sports on leisure satisfaction. In the models established, it was seen that passion in sports had a significant effect on leisure satisfaction and its sub-dimensions in all variables ( $p < 0.05$ ).

While the effect of passion in sports on psychological satisfaction in leisure satisfaction was explained at 16.2%, a 1 unit increase in passion in sports caused a significant and 0.566 increase ( $\beta = .566$ ) in leisure satisfaction on psychology. While 17.3% of the effect of passion in sport on educational satisfaction in leisure satisfaction was explained, a 1 unit increase in passion in sport caused a significant and 0.633 increase ( $\beta = .633$ ) in educational satisfaction in leisure satisfaction. While the effect of passion in sport on social satisfaction in leisure satisfaction was explained at 13.3%, a 1 unit increase in passion in sport caused a significant 0.552 increase ( $\beta = .552$ ) in the social sub-dimension in leisure satisfaction. While the effect of passion in sports on physiological satisfaction in leisure time satisfaction was explained at 12.4%, a 1 unit increase in passion in sports caused a significant 0,524 increase ( $\beta = ,524$ ) in physiological satisfaction in leisure satisfaction. While the effect of passion in sport on relaxation in leisure satisfaction was explained at 15.3%, a 1-unit increase in passion in sport caused a significant 0,643 increase ( $\beta = ,643$ ) in the relaxation sub-dimension of leisure satisfaction.

**Table 5.** Anova analysis results of leisure satisfaction and passion in sport by age variable

Dimension	Age	N	$\bar{X}$	SD	F	p
Psychological	25 years old and younger	99	3.48	.77	.377	.770
	26-30 years old	65	3.54	.68		
	31-35 years old	54	3.43	.77		
	36 years old and older	41	3.58	.78		
Educational	25 years old and younger	99	3.76	.82	1.321	.268
	26-30 years old	65	3.82	.80		
	31-35 years old	54	3.55	.80		
	36 years old and older	41	3.65	.76		
Social	25 years old and younger	99	3.78	.80	1.175	.320
	26-30 years old	65	3.78	.77		
	31-35 years old	54	3.57	.80		
	36 years old and older	41	3.61	.79		
Physiological	25 years old and younger	99	4.07	.78	.129	.943
	26-30 years old	65	4.00	.87		
	31-35 years old	54	4.06	.70		
	36 years old and older	41	4.07	.75		

\*  $p < 0.05$

**Table 5.** Anova Analysis Results of Leisure Satisfaction and Passion in Sport according to Age Variable (continued)

Dimension	Yaş	N	$\bar{X}$	SD	F	P	Bonferonni
Relaxation	25 years old and younger	99	3.69	.86	1.120	.342	-
	26-30 years old	65	3.55	.88			
	31-35 years old	54	3.43	.83			
	36 years old and older	41	3.55	.88			
Aesthetic	25 years old and younger	99	3.64	.79	1.895	.131	-
	26-30 years old	65	3.91	.75			
	31-35 years old	54	3.64	.73			
	36 years old and older	41	3.73	.73			
LS	25 years old and younger	99	3.74	.63	.649	.584	-
	26-30 years old	65	3.77	.63			
	31-35 years old	54	3.61	.60			
	36 years old and older	41	3.70	.64			
Passion	25 years old and younger	99	4.23	.42	3.399	.018	1>3
	26-30 years old	65	4.11	.53			
	31-35 years old	54	3.98	.59			
	36 years old and older	41	4.00	.64			

\*  $p < 0.05$

In Table 5, as a result of the ANOVA analysis between the participants' leisure satisfaction and passion in sports and the age variable, a statistically significant difference was only detected in the passion in sports variable ( $p<0.05$ ). In the Bonferonni test applied to determine from which group the difference originated, it was concluded that the level of passion in sports of the participants aged 25 and younger was higher than the participants aged 31-35.

**Table 6.** Independent sample t-test results of leisure satisfaction and passion in sport according to gender variable

Dimension	Gender	n	$\bar{X}$	SD	t	p
Psychological	Female	82	3.46	.71	-.542	.588
	Male	177	3.52	.76		
Educational	Female	82	3.71	.75	-.025	.980
	Male	177	3.71	.83		
Social	Female	82	3.71	.79	-.038	.969
	Male	177	3.71	.80		
Physiological	Female	82	4.13	.70	1.088	.278
	Male	177	4.01	.82		
Relaxation	Female	82	3.44	.86	-1.807	.072
	Male	177	3.65	.86		
Aesthetic	Female	82	3.85	.78	1.933	.054
	Male	177	3.66	.75		
LS	Female	82	3.72	.58	.082	.935
	Male	177	3.71	.65		
Passion	Female	82	4.04	.55	-1.490	.137
	Male	177	4.14	.52		

\* $p<0.05$

In Table 6, no statistically significant difference was detected in any variable as a result of the t-test between the participants' leisure satisfaction and passion in sports and gender variable ( $p>0.05$ ).

**Table 7.** Anova analysis results of leisure satisfaction and passion in sport according to weekly exercise duration variable

Dimensions	Weekly leisure	N	$\bar{X}$	SD	F	p	Bonferonni
Psychological	<sup>1</sup> 2 days and below	44	3.25	.61	4.754	.003	4>1,2
	<sup>2</sup> 3-4 days	129	3.49	.74			
	<sup>3</sup> 5-6 days	70	3.56	.78			
	<sup>4</sup> Everyday	16	4.04	.73			
Educational	<sup>1</sup> 2 days and below	44	3.34	.71	6.553	.000	2,4>1 4>3
	<sup>2</sup> 3-4 days	129	3.76	.77			
	<sup>3</sup> 5-6 days	70	3.71	.87			
	<sup>4</sup> Everyday	16	4.31	.62			
Social	<sup>1</sup> 2 days and below	44	3.40	.85	3.502	.016	2,4>1
	<sup>2</sup> 3-4 days	129	3.79	.69			
	<sup>3</sup> 5-6 days	70	3.69	.84			
	<sup>4</sup> Everyday	16	4.03	1.02			
Physiological	<sup>1</sup> 2 days and below	44	3.73	.76	6.859	.000	3,4>1
	<sup>2</sup> 3-4 days	129	4.03	.76			
	<sup>3</sup> 5-6 days	70	4.13	.79			
	<sup>4</sup> Everyday	16	4.71	.45			

\*  $p<0.05$

**Tablo 7.** Anova analysis results of leisure satisfaction and passion in sport according to weekly exercise duration variable (continued)

Dimensions	Weekly leisure	N	$\bar{X}$	SD	F	P	Bonferonni
Relaxation	<sup>1</sup> 2 days and below	44	2.99	.75	13.423	.000	2,3,4>1
	<sup>2</sup> 3-4 days	129	3.59	.83			
	<sup>3</sup> 5-6 days	70	3.77	.80			
	<sup>4</sup> Everyday	16	4.32	.80			
Aesthetic	<sup>1</sup> 2 days and below	44	3.31	.73	7.871	.000	2,3,4>1
	<sup>2</sup> 3-4 days	129	3.76	.72			
	<sup>3</sup> 5-6 days	70	3.78	.74			
	<sup>4</sup> Everyday	16	4.28	.86			
LS	<sup>1</sup> 2 days and below	44	3.34	.56	10.919	.000	2,3,4>1
	<sup>2</sup> 3-4 days	129	3.74	.59			
	<sup>3</sup> 5-6 days	70	3.77	.64			
	<sup>4</sup> Everyday	16	4.28	.50			
Passion	<sup>1</sup> 2 days and below	44	3.82	.49	11.514	.000	3,4>1
	<sup>2</sup> 3-4 days	129	4.05	.56			
	<sup>3</sup> 5-6 days	70	4.33	.38			
	<sup>4</sup> Everyday	16	4.39	.46			

\* p<0.05

Table 7 showed a statistically significant difference between leisure satisfaction and all sub-dimensions of leisure satisfaction and passion in sport, as well as passion in sport (p<0.05) as a result of the ANOVA analysis between the participants' leisure satisfaction and passion in sport and the weekly leisure. As a result of the Bonferonni test applied to determine from which group the difference originated, it was revealed that the psychological satisfaction levels of the participants who do sports every day in the psychological satisfaction sub-dimension were higher than the participants who do sports 2 days or less and 3-4 days a week.

In the educational satisfaction sub-dimension, the educational satisfaction levels of the participants who do sports 3-4 days a week and every day were higher than the participants who do sports 2 days a week or less, and the educational satisfaction levels of the participants who do sports every day were higher than the participants who do sports 5-6 days a week.

In the social satisfaction dimension, the social satisfaction levels of the participants who do sports 3-4 days a week and every day were higher than the participants who do sports 2 days a week or less. In the physiological satisfaction dimension, the physiological satisfaction levels of the participants who do sports 5-6 days a week and every day were higher than the participants who do sports 2 days a week or less.

In the dimension of relaxation, it was revealed that the relaxation satisfaction levels of the participants who did sports 3-4 days, 5-6 days and every day a week were higher than the participants who did sports 2 days a week or less, and the relaxation satisfaction levels of the participants who did sports every day were higher than the participants who did sports 3-4 days a week. In the aesthetic satisfaction dimension, it was found that the aesthetic sub-dimension levels of the participants who did sports 3-4 days, 5-6 days and every day a week were higher than the participants who did sports 2 days a week or less.

In the total score of leisure satisfaction, it was revealed that the satisfaction levels of the participants who did sports 3-4 days, 5-6 days and every day per week were higher than the participants who did sports 2 days or less per week and the satisfaction levels of the participants who did sports every day were higher than the participants who did sports 5-6 days per week.

In the variable of passion in sports, the satisfaction levels of the participants who did sports 5-6 days a week and every day were higher than the participants who did sports 2 days a week or

less, and the satisfaction levels of the participants who did sports every day were higher than the participants who did sports 3-4 days a week.

**Table 8.** Anova analysis results of leisure satisfaction and passion in sport according to sport experience variables

Dimensions	Experience	N	$\bar{X}$	Sd	F	p	Bonferonni
Psychological	<sup>1</sup> 1 years and less	24	3.32	.89	4.027	.003	5>3
	<sup>2</sup> 2-4 years	39	3.50	.62			
	<sup>3</sup> 5-7 years	64	3.24	.83			
	<sup>4</sup> 8-10 years	28	3.59	.75			
	<sup>5</sup> 11 years and more	104	3.68	.65			
Educational	<sup>1</sup> 1 years and less	24	3.43	.84	2.647	.054	-
	<sup>2</sup> 2-4 years	39	3.71	.69			
	<sup>3</sup> 5-7 years	64	3.52	.84			
	<sup>4</sup> 8-10 years	28	3.84	.91			
	<sup>5</sup> 11 years and more	104	3.85	.75			
Social	<sup>1</sup> 1 years and less	24	3.40	.93	1.724	.145	-
	<sup>2</sup> 2-4 years	39	3.85	.72			
	<sup>3</sup> 5-7 years	64	3.65	.77			
	<sup>4</sup> 8-10 years	28	3.61	.87			
	<sup>5</sup> 11 years and more	104	3.80	.77			
Physiological	<sup>1</sup> 1 years and less	24	3.54	1.05	3.699	.006	4,5>1
	<sup>2</sup> 2-4 years	39	4.02	.69			
	<sup>3</sup> 5-7 years	64	4.00	.81			
	<sup>4</sup> 8-10 years	28	4.18	.76			
	<sup>5</sup> 11 years and more	104	4.18	.69			
Relaxation	<sup>1</sup> 1 years and less	24	2.90	.94	5.826	.000	3,4,5>1
	<sup>2</sup> 2-4 years	39	3.44	.90			
	<sup>3</sup> 5-7 years	64	3.58	.78			
	<sup>4</sup> 8-10 years	28	3.91	.73			
	<sup>5</sup> 11 years and more	104	3.70	.84			
Aesthetic	<sup>1</sup> 1 years and less	24	3.32	.96	2.018	.092	-
	<sup>2</sup> 2-4 years	39	3.80	.71			
	<sup>3</sup> 5-7 years	64	3.72	.67			
	<sup>4</sup> 8-10 years	28	3.85	.72			
	<sup>5</sup> 11 years and more	104	3.75	.78			
LS	<sup>1</sup> 1 years and less	24	3.32	.73	3.982	.004	4,5>1
	<sup>2</sup> 2-4 years	39	3.72	.53			
	<sup>3</sup> 5-7 years	64	3.62	.63			
	<sup>4</sup> 8-10 years	28	3.83	.62			
	<sup>5</sup> 11 years and more	104	3.83	.60			
Passion	<sup>1</sup> 1 years and less	24	3.79	.59	3.720	.006	3,5>1
	<sup>2</sup> 2-4 years	39	3.97	.48			
	<sup>3</sup> 5-7 years	64	4.15	.50			
	<sup>4</sup> 8-10 years	28	4.20	.54			
	<sup>5</sup> 11 years and more	104	4.19	.52			

\* p<0.05

In Table 8, as a result of the ANOVA analysis between the participants' leisure satisfaction and the sports experience variable, a statistically significant difference between psychological satisfaction, physiological satisfaction, relaxation, scale total score and passion in sports and sports experience variable (p<0.05). As a result of the Bonferonni test applied to determine from which group the difference originated, it was found that the psychological satisfaction levels of the participants with a sports experience of 11 years or more in the psychological satisfaction sub-dimension were higher than the participants with a sports experience of 5-7 years; in the physiological satisfaction sub-dimension, the physiological satisfaction levels of the participants with a sports experience of 8-10 years and 11 years or more were higher than the participants with a sports experience of 1 year or less; In the relaxation dimension, the relaxation levels of the participants with 5-7 years, 8-10 years and 11 years and above sports experience were higher than the participants with 1 year and below sports experience; in the

total score of leisure satisfaction. Moreover, the leisure satisfaction levels of the participants with 8-10 years and 11 years and above sports experience were higher than the participants with 1 year and below sports experience; in the level of passion in sports, the relaxation levels of the participants with 5-7 years and 11 years and above sports experience were higher than the participants with 1 year and below sports experience.

## **DISCUSSION AND CONCLUSION**

This study aimed to reveal the relationship between leisure satisfaction levels and passion in sports levels of individual fitness exercisers. When the literature on fitness exercise and the fitness sector is examined; Lichtenstein et al., (2017) conducted a study on a total of 577 people exercising in fitness centers. They found the average age of the participants to be 26.7. Başaran et al., (2019) examined exercise addiction, happiness and life satisfaction of fitness center members in terms of personal characteristics. As a result of the study, while there was no statistically significant difference between age and happiness, they found a statistically significant difference between age and exercise and life satisfaction. According to age; As a result of the analysis carried out in order to determine from which age group the difference between exercise and life satisfaction originates; they stated that the exercise addiction of people in the 18-25 age group is higher than the 36-45 age group and 46-55 age group. Yetiş et al., (2019) conducted a study to determine the motivation levels of individuals exercising in fitness centers. As a result of the research, they found a significant difference between the age variable and the scale of motivation in sports, except for the dimension of identification. In the sub-dimension of motivation with stimulus and external regulation of the participants, they stated that the motivation scores of people in the 29-39 age group were higher than those in the 18-28 age group. Güzel et al., (2020) carried out a study to examine the impact of motivational factors that influence recreational exercise participation on fitness center participants. They found a significant difference between the study's age variable and all the subdimensions of the exercise motivation survey. Participants aged 17 to 25 were found to have higher mean scores for exercise motivation in terms of health, competitiveness, body and appearance, social and entertainment, and skill development compared to other age groups, while participants aged 36 and over had the lowest average scores.

When the levels of passion in sports and leisure satisfaction of the participants in terms of age variable were analysed, no significant difference was found in the sub-dimensions of the leisure satisfaction scale except the passion in sport scale. There were many studies supporting this result of our research. Sicilia et al., (2018) investigated exercise motivational regulations and exercise addiction: the mediating role of passion. They revealed the presence of a significant relationship between the passion scale and age. Kovacsik et al., (2019) investigated the role of passion in exercise addiction, exercise volume and exercise intensity in long-term exercisers. As a result; they found that there was a significant difference between the passion scale and age. Besides, De Jonge et al., (2020) examined the regulatory role of running passion in mental recovery and running-related injuries in recreational runners. As a result of the study, they stated a significant difference between the age variable and the passion scale. Lichtenstein et al., (2020) conducted a research edition, on obsessive passion and nutritional supplement use in fitness centre participants. At the end of the study, they stated that there was a significant

difference between the passion scale and the age variable. Gu et al., (2022) examined the relationships between adaptability, passion and mental toughness in Chinese team sports athletes. As a result, they found a significant difference between the age variable of the athletes and the passion scale in sports. Çakır (2017) found that there was no significant difference between all sub-dimensions of the leisure satisfaction scale and the age variable. However, De La Vega et al., (2016) investigated exercise addiction in athletes and leisure-time athletes: the regulatory role of passion. At the end of the research, they did not find a significant difference between the age variable of athletes and leisure-time athletes and the passion scale. Bae (2022) investigated the happiness levels and leisure life satisfaction levels of individuals for participation in sports and leisure activities. A significant difference was found between the age variable of the study and the leisure satisfaction scale. In particular, it was stated that participants in their 20s had higher leisure satisfaction than those in their 10s and 60s, and those in their 30s, 40s and over 70s had higher leisure satisfaction than those in their 60s. These results do not match the results of our study. The reason for the significant difference between the age variable and the leisure satisfaction scale may be thought to be due to the variability of the group and activity type in which the study was applied.

Başaran et al., (2019) found a statistical difference between the gender variable and life satisfaction of the members of the fitness center. They found that there was no gender-related difference between happiness and exercise addiction. While exercise addiction is higher in men than in women, life satisfaction is higher in women than in men. They stated that their happiness levels were at the same level. Riseth et al., (2019) conducted a study on people who are members of long-term fitness centers. Among the reasons women and men practice fitness, they concluded that health benefits and physical appearance are the main reasons. Bahçıvan (2020) investigated the relationship between exercise addiction, life satisfaction and mental endurance levels of individuals exercising in fitness centers. The study found that there was a statistically significant difference between participants' gender-based exercise dependency in all subdimensional scores, and accordingly, the average scores of male participants in all lower dimensions were higher than those of female participants. Bueno-Antequera et al., (2020) conducted a study examine that the relationship between exercise addiction and health outcomes in exercise bike practitioners in fitness centers. As a result of the study, they found that men are at greater risk of high-exercise addiction than women. Güzel et al., (2020) found that the fundamental effect on all sub-dimensions of the exercise motivation survey with the gender variable was significant. They found that the mean scores of men were higher than the mean scores of women.

In terms of gender variables, no significant difference was found in the sub-dimensions of the passion in sport scale and leisure satisfaction scale when the participants' passions in sport and leisure satisfaction levels were examined. Some studies were in parallel with the result of our study. De La Vega et al., (2016) investigated exercise addiction in athletes and leisure-time athletes: the regulatory role of passion. At the end of the research, they could not detect a significant difference between the gender variable of athletes and leisure-time athletes and the passion scale. Kovacsik et al., (2019) investigated the role of passion in exercise addiction, exercise volume and exercise intensity in long-term exercisers. As a result, they found that there was no significant difference between the passion scale and gender. Lichtenstein et al., (2020) researched exercise addiction, obsessive passion, and nutritional supplement use in

fitness centre participants. At the end of the study, they stated that there was no significant difference between the passion scale and the gender variable. De Jonge et al., (2020) examined the regulatory role of running passion in mental recovery and running-related injuries in recreational runners. As a result of the study, they stated that there was no significant difference between the age variable and the passion scale. Tian et al., (2020) investigated the role of leisure satisfaction in serious leisure and subjective well-being in Chinese marathon runners. In the study, they did not find a significant difference between leisure satisfaction and gender variable. Yoo (2022) investigated the effect of attitude towards leisure on the level of satisfaction and happiness in leisure activities in Korean carers. While there was no significant difference between male and female groups, it was found that attitude towards leisure had a strong effect on the level of satisfaction and happiness in leisure activities. Bae (2022) conducted a study on the happiness levels and leisure life satisfaction levels of individuals for participation in sports and leisure activities and stated that there was no significant difference between gender variables and leisure satisfaction. Contrary to these results, some studies disagree with our study. Szabo et al., (2022), in their study on the dimensions of passion and their relationship with the risk of exercise addiction, found a weak relationship between the gender variable and the passion scale. Gu et al., (2022) examined the relationships between adaptability, passion, and mental toughness in Chinese team sports athletes. As a result, they stated that there was a significant difference between the gender variable of the athletes and the passion scale in sports. Çakır (2017) found that there was a significant difference between all sub-dimensions of the leisure satisfaction scale and gender variable and that female participants experienced a higher level of leisure satisfaction than male participants. Doğan et al., (2019) found a significant difference only between the relaxation sub-dimension of leisure satisfaction and gender in their study. Ahn and Song (2021) conducted a study on the differences between leisure activity models for adults in leisure satisfaction. As a result of the study, they stated that there was a significant difference between the gender variable and the leisure satisfaction scale. They also stated that males had higher levels of leisure satisfaction than females. Regarding this result of our study, it can be thought that the gender factor was not important in determining the passion and leisure satisfaction levels of individuals in sports and that people's orientation towards sports and leisure activities varies according to their needs.

In their study, Lichtenstein et al., (2017) found that most individuals who exercise in fitness centers participate in 8-11 hours of fitness exercise a week. They also found that a higher risk of exercise addiction was associated with more weekly exercise duration. They stated that 80.6% of those with a high risk of addiction exercise 8 hours or more per week. Bahçivan (2020) found that there was a statistically significant difference in the weekly exercise frequency variable of the participants and in all sub-dimension scores of exercise addiction. He stated that in all sub-dimensions, those who exercise 4-6 times a week and every day of the week have a higher average score than those who exercise 1-3 times a week. In their study, Bueno-Antequera et al., (2020) found that there is a highly significant relationship between the weekly training hours variable of female cycling practitioners and the exercise addiction scale.

When the passion in sports and leisure satisfaction levels of the participants were analysed in terms of weekly exercise time, a significant difference was found in the sub-dimensions of passion in sports scale and leisure satisfaction scale. There were studies in the literature in parallel to the result of our research. Sicilia et al., (2018) investigated the mediating role of

passion in exercise motivation regulations and exercise addiction. They found a significant relationship between the passion scale and exercise duration. Kovacsik et al., (2019) investigated the role of passion in exercise addiction, exercise volume and exercise intensity in long-term exercisers. As a result, they found that there was a strongly significant difference between the passion scale and exercise duration. Lichtenstein et al., (2020) researched exercise addiction, obsessive passion and dietary supplement use in fitness centre participants. At the end of the study, they stated that there was a significant difference between the passion scale and exercise duration. In the study conducted by Çakır (2017), it was reported that there was a significant difference between all sub-dimensions of the leisure satisfaction scale and the weekly duration of participation in leisure activities. In particular, the scores of those who participate in leisure activities between 1-5 hours were higher than the others. Özgür (2021) found a positive and low significant relationship between the weekly exercise duration variable and the relaxation sub-dimension of leisure time. On the other hand, De La Vega et al., (2016) investigated exercise addiction in athletes and leisure athletes: the regulatory role of passion. At the end of the research, they stated that there was no significant difference between the weekly exercise time variable and the passion scale of athletes and leisure-time athletes. Szabo et al. (2022), in their study on the dimensions of passion and their relationship with the risk of exercise addiction, found that there was a weak relationship between the weekly exercise amount variable and the passion scale. Kwon et al., (2021) examined the effect of leisure facilitation and specialisation in recreation on the leisure satisfaction of outdoor sports participants. In the study, they found that participants with 1 hour or less in terms of activity duration were higher. This result of our study can be interpreted as weekly exercise duration is an important variable in terms of passion in sports and leisure time satisfaction level.

In their study, Yetiş et al., (2019) found no difference in the sub-dimensions of identification and unmotivation between the variable of the number of years of doing sports of individuals participating in fitness exercises and the scale of motivation in sports, while they found significant differences in other sub-dimensions. In the sub-dimensions of knowing and achieving, those who do sports for 4-6 years get higher scores than those who do sports for 1-3 years; In the sub-dimensions of external regulation and introjection, they found that those who do sports for 4 years or more achieve higher scores than those who do sports for 1-3 years. In their study, Riseth et al., (2019) found that people who exercised in fitness centers had more experience over a period of 2 to 5 years. Güzel et al., (2020) stated that the exercise duration variable and the main effect of the exercise motivation survey on all sub-dimensions except the "competition" sub-dimension were significant. It was found that the participants who participated in the exercise for 24 months or more had higher mean scores for the "body and external appearance" and "physical development" sub-dimensions; Participants who attended in the "health" sub-dimension between 6 and 12 months had the highest average score; In the "social and entertainment" sub-dimension, they found that participants who participated less than 1 month had it. Hazar and Özpolat (2023), in their study, examined the social appearance anxiety, life satisfaction and exercise addiction levels of fitness individuals according to some variables. They found that there was a positive and statistically significant relationship between the participants' duration of doing sports and their exercise addiction.

When the passion in sport and leisure satisfaction levels of the participants in terms of sports experience were examined, a significant difference was found in the total score of the passion

in sport scale and leisure satisfaction scale and in the psychological, physiological and relaxation sub-dimensions. There were similar study results to the results of our research. Konter et al. (2020), in their study examining the relationship between passion and courage in experienced male football players, found that football players with more experience had higher levels of passion. In a study conducted by Özgür (2021), a low positive relationship was found between the year of exercise variable and the aesthetic and physiological sub-dimensions of leisure. Kwon et al. (2021), in their study on the effect of facilitating leisure and specialisation in recreation on leisure satisfaction of outdoor sports participants, found that those with a sports experience of 1-3 years tended to participate in leisure time activities. From this result of our research, it can be concluded that the fact that the sports experience based on long years was important in affecting the passion and leisure satisfaction levels of individuals in sports.

As a result, it was concluded that passion in sport has a significant and positive effect on the leisure satisfaction of fitness exercisers.

## **SUGGESTIONS**

By changing the sample group, the relationship between passion in sports and leisure satisfaction can be analysed. The relationships between the groups can be compared by adding occupational characteristics to the demographic information.

**Conflict of Interest:** There was no personal or financial conflict of interest in the study.

**Declaration of Contribution Ratio of Researchers:** Research Desing-GD, A; Data Collection- GD, İS; Analyzes-GD; Preparation of the article- İS, GD, A.

## **Ethical Approval**

**Committee:** Aydın Adnan Menderes University Social and Human Sciences Institute

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