ÇOMÜ SPOR BİLİMLERİ DERGİSİ
http://dergipark.gov.tr/comusbd Cilt:6 Sayı:3 Yıl: 2023

Physical Activity And Awareness Level: The Case of JSGA

Emsal ÖZTÜRK[1], Merve CİN[2*]

ABSTRACT

Purpose: Physical well-being is critical for law enforcement personnel in performing their professional performance. For this reason, physical activity is expected to be a part of law enforcement officers' lives. This study aims to examine the physical activity and awareness levels of law enforcement personnel working at the Gendarmerie and Coast Guard Academy (JSGA).

Method: This study is a screening model that aims to determine the physical activity and awareness levels of the personnel working at JSGA. This study was conducted on a total of five hundred and ninety (590) personnel, 120 of whom were women and 470 of whom were men, working at various levels at the Gendarmerie and Coast Guard Academy. Arithmetic means, standard deviations and percentages of the data obtained in the study were analyzed in the SPSS 23.0 program.

Results: When the findings are examined, it is seen that the physical activity awareness level of the staff is at a medium level (X: 1.80± 0.70).

Conclusion: It can be said that the physical activity awareness level of the law enforcement personnel in our study group yields results similar to the literature study examples and results.

Keywords: Physical Activity and Exercise, Law Enforcement Personnel, Health Awareness.

ÖZET

Fiziksel Aktivite ve Bilinç Düzeyi: JSGA Örneği

Amaç: Kolluk personeli için fiziksel olarak iyi olma durumu mesleki performansını icra etmesinde kritik önem taşımaktadır. Bu sebeple kolluk kuvvetleri için fiziksel aktivitenin hayatlarının içinde yer alması beklenmektedir. Bu çalışmada Jandarma ve Sahil Güvenlik Akademisinde (JSGA) görevli kolluk personellerinin fiziksel aktivite ve bilinç düzeyinin incelenmesi amaçlanmaktadır.

Yöntem: JSGA'da görev yapan personelin fiziksel aktivite ve bilinç düzeylerinin belirlenmesini amaçlayan bu çalışma tarama modelidir. Bu çalışma Jandarma ve Sahil Güvenlik Akademisinde çeşitli kademelerde görev yapan 120 'si kadın, 470'i erkek olmak üzere toplam beş yüz doksan (590) personel üzerinde yürütülmüştür. Çalışmada elde edilen verilerin aritmetik ortalamaları, standart sapmaları ve yüzdeleri SPSS 23.0 programında analiz edilmiştir.

Bulgular: Elde edilen bulgular incelendiğinde, personelin fiziksel aktivite bilinç düzeyinin orta düzeyde olduğu (X : 1,80± 0,70) görülmektedir.

Sonuç: Çalışma grubumuzda yer alan kolluk personellerinin fiziksel aktivite bilinç düzeyinin literatür çalışma örneklerine ve sonuçlarına benzer oranda sonuçlar çıkardığı söylenebilir.

Anahtar kelimeler: Fiziksel aktivite ve egzersiz, Kolluk kuvvetleri personeli, Sağlık bilinci

[1] Jandarma ve Sahil Güvenlik Akademisi Güvenlik Bilimleri Fakültesi, Beden Eğitimi ve Spor Bölümü, Ankara/TÜRKİYE ORCID:0000-0002-3461-5527 emsal.ozturk@jsga.edu.tr

[2*] Sorumlu Yazar**:** Jandarma ve Sahil Güvenlik Akademisi Güvenlik Bilimleri Fakültesi, Beden Eğitimi ve Spor Bölümü, Ankara/TÜRKİYE ORCID:0000-0001-9408-7853 merve.cin@jsga.edu.tr

INTRODUCTION

The definition of health has been tried to be expressed with different interpretations from past to present, some studies have interpreted the term health as staying away from disease, while most studies have begun to express it as a state of emotional, mental, spiritual and physical well-being (Tuncel et al., 2016). One of the most basic requirements of a healthy life is for individuals to be physically active. In order to achieve this, the prevention of diseases and the mental and spiritual therapeutic feature should be made a lifestyle by increasing the level of physical activity (Wang et al., 2016; Gorczyca et al., 2017). The physiological and psychological benefits of regular physical activity on human health have been proven many times. It is often said in scientific publications that individuals should become indispensable in their lives (Suniaga et al., 2018; Andersen et al., 2010). However, the latest technological developments expose the sedentary lifestyle individuals around the world to diseases that will create risks in terms of health due to their high body mass index, and factors such as permanent disability and injuries throughout their lives (Saygın and Dukkancı, 2009). In many studies, it has been clearly argued that lack of physical activity or exercise creates a risk factor for cardiovascular disease and various metabolic disorders (Bissett et al., 2012; Bozkus et al., 2013). It has been found that the probability of developing high blood pressure, type 2 diabetes and coronary heart problems in inactive individuals is much higher than in active individuals, however, inactive individuals are more likely to have neuromuscular damage and muscle disinformation by creating mechanical deterioration in muscle demands (Milne et al., 2014). By looking to result of similar studies, it can be said that this situation is caused by the decreased awareness of sports and health, while another underlying reason is the emergence of problems such as leaving unfinished and completely cold due to the health problems caused by the wrong information in social media channels that are used uncontrollably and unconsciously (Vardarlıer and Ozturk, 2020). Considering this situation, it is thought that industrialization and the use of technological tools seriously hinder physical activity, leading to poor performance and various health problems. When we look at the data within the scope of the health survey of the Turkish Statistical Institute, it has been shown that 41.1% of the individuals over the age of 15 are insufficiently active and 53% are moderately active, only 5.9% do vigorous activity or exercise (TSI, 2022). According to the data of this study, physical activity or exercise increases with each increasing age. The lack of physical activity in addition to the findings that decrease and increase physiologically due to age gain becomes the most important reason for the formation of obesity and chronic diseases (Ceylan and Saygın, 2021). In a study that reached a similar result, the sitting time of

adult individuals and the time they were physically active were compared as a variable, and when the results were examined, there were significant differences between these two, and the activity time distribution decreased as the age progressed (Sabbag and Aksoy, 2014). In another study, in a study conducted by Vural, Serdar and Guzel (2010) to examine the relationship between physical activity level and quality of life in desk workers, it was determined that there was a statistically significant difference between body mass index and physical activity level of employees. In addition, in a study conducted to investigate the relationship between physical activity and body mass index in adults, it was concluded that the body mass index averages of those who exercise were statistically different than those of sedentary (Bonneau and Brown, 1995; Ozturk, 2015). Although the term "physical activity" has many definitions, one of the more often accepted ones is "any kind of muscular movement that occurs above our resting heart rate in our daily life. In general, we can call all the combinations of movement created by the contraction of skeletal muscles during movement as physical activity (Lagestad, 2012). However, the term exercise, which is conceptually used with the same meaning many times, consists of planned and programmed movement forms that individuals do for a certain purpose and goal, unlike physical activity. Exercise aims to develop more than one skill, one of the components of physical fitness (Milne et al., 2014). In order for physical activity to be beneficial for individuals, it is recommended to do aerobic activity that can be considered as vigorous above medium, provided that the amount of activity is at least moderate for people aged 18-65, and 150 minutes or at least 75 minutes (Vardarlıer and Ozturk, 2020). According to the World Health Organization, physical fitness is the ability to perform occupational, recreational and daily activities correctly and successfully without fatigue (Rhodes et al., 2017). Although physical fitness is a concept that is mentioned in every part of the society, it requires a detailed definition specific to the field because there are differences in its definition. The need for physical fitness varies according to the type of job or profession. Physical fitness component requirements may differ in line with the professional needs of a law enforcement personnel or an athlete engaged in performance sports, who are constantly on the move throughout his professional life in a field, and the physical activity methods they apply also change (Ozer, 2010). It is of great importance for law enforcement personnel to have the physical level required in their duties and conditions in terms of their professional performance. When we look at the literature, we see that the personnel group in this profession usually includes more physical training content or training programming suggestions for performance improvement, but studies investigating the health and physical activity awareness level of personnel have been very limited. In this

context, it is aimed to determine the health and physical activity awareness level of the personnel working in the Gendarmerie and Coast Guard Academy.

METHOD

Research Model

This study, which aims to determine the physical activity and consciousness levels of the personnel working in JSGA, is a survey model.

Participants

This study was carried out on a total of five 590 personnel, 120 of whom were women and 470 were men.

Data Collection

In the study, the "Healthy Lifestyle and Physical Activity Awareness Level" questionnaire developed by Tuncel et al., (2016) was applied. The first part of the questionnaire consists of 39 questions created to determine personal information and healthy lifestyle habits. The second part of the questionnaire is a 3-point Likert-type questionnaire consisting of 51 questions that measures the level of physical activity awareness. Responses to the questionnaire were graded as "3: I have no idea, 2: I have heard of it, 3: I know very well". In study approval for was obtained from the ethics committee of the Faculty of Security Sciences (Date of Approval: 22.07.2022; 2022/2). All procedures were carried out in accordance with ethical rules and the principles of the Declaration of Helsinki. The obtained data were analyzed using descriptive statistics.

RESULTS

In this part of the research, the findings and evaluations obtained as a result of the analysis of the data collected through the questionnaire aiming to determine the healthy lifestyle habits and physical activity awareness levels of the personnel working at Gendarme Academy will be included.

Table 1. Various Physical and Physiological Measurement Results of JSGA Personnel

	Man			**Women**		
	N	**X**	**SD**	**N**	**X**	**SD**
Age (year)	470	39.65	2.82	120	39.19	3.67
Body Weight (kg)	470	81.59	10.26	120	59.90	10.55
Height (cm)	470	176.42	8.56	120	163.04	11.22
BMI	470	75.35	8.26	120	75.12	9.54

Table 2. Looking at the drinking habits of JSGA personnel, is seen that 38.1% smoked, 79.8% consumed Coffee, 91% consumed tea, and 35.5% of the respondents consumed cola and similar acidic drinks.

Table 2. Drinking Habits of JSGA Staff

Smoking Status	Man	%	Daily Amount	Women	%
Yes	225	38.1	1-9	90	39.99
No	357	60.5	10-19	125	55.55
Not Responding	8	1.3	20 +	10	4.44
Coffee Use Status					
Yes	471	79.8	1 Cup per day	336	71.3
No	119	20.2	2 Cup per day	109	23.1
Not Responding	-	-	3 Cups and Above	26	5.6
Tea Use Status					
Yes	537	91.1	1 Cup	337	62.7
No	45	7.6	2 Cup	193	35.9
Not Responding	8	1.3	3 Cups and Above	7	1.3
Cola Use Status					
Yes	210	35.5	1 Cup per day	131	62.38
No	362	62.3	2 Cups and Above	79	37.62
Not Responding	18	3.2			

Table 3. Computer, Mobile Phone, Television Habit of the Staff

How Many Hours a Day Do You Use a Computer?	N	%
0-1	219	37.1
2-3	150	26.6
4-5	97	16.8
6+	112	19.4
Not Responding	12	2.1
How Many Hours a Day Do You Watch TV on the Weekend		
0-1	144	24.4
2-3	285	48.3
4-5	128	21.6
6+	30	5.2
Not Responding	3	0.5
How Many Hours a Day Do You Use the Phone		
0-1	131	22.2
2-3	279	47.2
4-5	103	17.4
6+	64	10.8
Not Responding	13	2.4

Table 3. Computer, Mobile Phone, Television Habit of the Staff, the question of how many hours a day you are in front of the computer, 19.4% of the staff answered over 6 hours. When asked how many hours a day they spend on average in front of the television, 48.3% of employees answered more than 2-3 hours. To the question of How Many Hours a Day Do You Use the Phone, 47.2% of the staff answered 2-3 hours.

Table 4. Eating Habits

How Many Hours a Day Do You Use a Computer?	**N**	**%**
0-1	219	37.1
2-3	150	26.6
4-5	97	16.8
6+	112	19.4
Not Responding	12	2.1
How Many Hours a Day Do You Watch TV on the Weekend?		
0-1	144	24.4
2-3	285	48.3
4-5	128	21.6
6+	30	5.2
Not Responding	3	0.5
How Many Hours a Day Do You Use the Phone?		
0-1	131	22.2
2-3	279	47.2
4-5	103	17.4
6+	64	10.8
Not Responding	13	2.4

Table 4. Eating Habits, the rate of those who said yes to the question "Do you eat breakfast?" in the eating habits of the participants was determined as 76.6%. The answer of those who said 1-2 meals to the question "How many fast food style meals do you eat at least per week?" was found to be 44.7%. Do you eat red meat?" was found to be 51.4% of those who said 1-2 meals. When we examined the rates related to the habit of drinking water, it was found that 60.3% of the staff drank only 2 glasses of water per day.

Table 5. Exercise Habits of Staff, when the results of the exercise habits of the JSGA personnel are examined, it is seen that 36.2% of the personnel exercise regularly and 63.3% do not exercise regularly. It was determined that 53.2% of the exercise time of the regular

exercise personnel lasted 46-90 minutes. It was found that 44.8% of the staff answered 1-2 times to the question of how many times a week do you exercise regularly by the staff.

Table 5. Exercise Habits of Staff

Do You Exercise Regularly?	**N**	**%**	**Weekly amount**	**N**	**%**
Yes	214	36.2	1-2	96	44.8
No	374	63.3	3-4	65	30.3
Not Responding	2	0.5	5+	52	25.2
How Many minutes does your Exercise Session last					
0-45	146	40.9			
46-90	190	53.2			
91+	20	5.9			
Do You Exercise Regularly?					
Yes	214	36.2		96	44.8
No	374	63.3		65	30.3
Not Responding	2	0.5		52	25.2
How Many minutes does your Exercise Session last					
0-45	146	40.9			
46-90	190	53.2			
91+	20	5.9			

Table 6. Conclusions on Stress Situations of Personnel and Stress Management Methods

Do You Often Feel Stressed?	**N**	**%**
Yes	331	56.1
No	259	43.9
Do You Have a Regular Sleep?		
Yes	393	66.3
No	197	33.7
Do You Often Feel Tired?		
Yes	342	57.8
No	248	42.2

Table 6. Conclusions on stress situations of personnel and stress management methods, JSGA 60.0% of staff stated that their job was stressful. The rate of those who often feel anxious was found to be 56.1%. When the answers given to the question "Do you have a regular sleep?" are examined, it is seen that the rate of those who say that their sleep is regular is 66.3%. Regarding the feeling of fatigue, 57.8% of the staff stated that they often felt tired.

Table 7. Exercise/Physical Activity Habits and Awareness Levels of the Staff

Activity Regular Exercise/Physical Activity	$\bar{X}$	SD
1. It helps us sleep better, easier and with quality sleep.	1.8431	0.6701
2. Helps relieve mild headaches	1.9790	0.7308
3. Reduces the risk of Heart Disease	1.7721	0.6349
4. Thanks to better oxygenation of the brain, it increases mental activity.	1.6393	0.6679
5. Increases the resistance of the organism to infections of the upper respiratory tract.	1.7916	0.7226
6. It helps to relieve the general discomfort of pregnancy (for example, headache, heartburn, constipation).	2.0805	0.7621
7. Increases maximal oxygen consumption (the best measure of the body's capacity to do work).	1.7847	0.7343
8. Reduces the risk of hypertension (high blood pressure).	1.9151	0.7055
9. If you have a heart injury (myocardial infarction), it increases your chances of survival.	1.8651	0.7343
10. It helps you lose weight, especially fat consumption and loss.	2.2689	0.6332
11. Allows the heart, respiratory, circulatory and digestive systems to work more efficiently and regularly	1.5218	0.6007
12. It prevents the development of arteriosclerosis by reducing the level of fat, cholesterol and malignant cholesterol	1.7514	0.6242
13. It significantly improves the quality of life (harmony with the environment, happiness, etc.).	1.8589	0.6550
14. Eliminates negative effects on bone health, improves bone density.	1.7819	0.7283
15. Group thinking, relations between individuals, the concept of mutual respect develops.	1.8118	0.7486
16. It facilitates adaptation to cold and hot weather conditions.	1.9293	0.7671
17. Reduces the level of anxiety (anxiety).	1.8403	0.7519
18. It contributes to reducing the likelihood of rhythm disorders in the heart.	1.8151	0.7427
19. It contributes to the lowering of the resting pulse.	1.7315	0.6921
20. Contributes to the preservation of lean tissue	1.7970	0.7010
21. Improves circulation (coronary arteries), which feed the heart muscle.	1.7785	0.7203
22. It raises the level of the anaerobic threshold, allowing you to do more vigorous exercise or activities for a long time without fatigue (without accumulating lactic acid).	1.9092	0.8237
23. Helps you recover from extreme fatigue	1.9039	0.7528
24. Increases blood circulation to the skin and nourishes the skin	1.7462	0.7043
25. Improves the passage of oxygen from the lungs to the blood (diffusion)	1.7261	0.6991
26. It helps by improving your resistance and struggle against substance abuse (drug use).	1.7176	0.6848
27. It increases your resistance to injuries.	1.8723	0.7524
28. It helps you cope with stress more effectively.	1.6975	0.6835

29. It improves the work of your immune system.	1.6818	0.6783
30. Improves your tolerance to glucose (sugar).	1.6487	0.6585
31. Reduces the risk of constipation and colon cancer	1.8923	0.7427
32. It helps to eliminate depression.	2.1916	0.7693
33. It helps you maintain proper muscle balance.	1.7929	0.7130
34. Improves sexual desire (libido), performance and satisfaction	1.7189	0.6798
35. It improves body posture (posture) and your physical appearance.	1.8763	0.7136
36. It reduces the risk of low back pain and belly up, and contributes to its elimination when it occurs.	1.5717	0.6488
37. Lowers the pulse (heart rate) in near-maximum loads	1.5556	0.6579
38. In type I (insulin-dependent) diabetes, it helps reduce the amount of insulin by controlling the blood sugar level.	1.8887	0.7197
39. Throughout physical activity, it improves the ability of the organism to use fats as energy and helps you consume excess	2.1798	0.7366
40. Stroke increases volume (the amount of blood that the heart muscle pumps into the body with each contraction and bump).	1.7727	0.7187
41. It improves your self-confidence.	1.9008	0.7375
42. It contributes to your relaxation.	1.6852	0.7347
43. Reduces the risk of osteoperosis (bone resorption).	1.5899	0.6538
44. Increases productivity in your work and reduces job loss.	1.9143	0.7369
45. It improves your balance and coordination.	1.7697	0.7356
46. Improves the ability of your muscles to use oxygen from the blood.	1.6151	0.6601
47. It allows you to lead a lifestyle on your own, without being dependent on others	1.7475	0.7231
48. It positively affects your psychology in general.	1.7697	0.7310
49. It helps you to develop your general health consciousness.	1.7252	0.6907
50. It helps you to make new friends and meet people (socialize).	1.6202	0.6744
51. Increases the level of benign cholesterol (HDL).	1.7336	0.7442
OVERALL AVERAGE	1.8033	0.7076

Table 7. Exercise/Physical Activity Habits and Awareness Levels of the Staff, considering the averages related to the level of physical activity awareness, the item with the highest level of knowledge of the personnel; 32. “Helps relieve depression.” became the item.

When the items with the lowest level of knowledge are examined, the item with the lowest level of knowledge of the JSGA personnel; 11. “It enables the heart, respiratory, circulatory and digestive systems to work more efficiently and regularly.” When the average knowledge level above the average of the total is considered; it is seen that the consciousness level of the personnel is $\bar{x}$: 1.80± 0.70.

Table 8. The Relationship Between Exercise/Physical Activity Awareness Level of Health Personnel and Some Variables

		Body Weight	Hight	BMI	Restful Pulse	Physical Activty
Body Weight	P.C. 1	1				
	Sig.					
	N	590				
Hight	P.C. 1	337**	1			
	Sig.	0.001				
	N	590	590			
BMI	P.C. 1	0.239**	-0.739**	1		
	Sig.	0.002	0.003			
	N	590	590	590		
Restful Pulse	P.C. 1	0.080	-0.018	0.038	1	
	Sig.	0.241	0.348	0.280		
	N	590	590	590	590	
Physical activty level of consciousness	P.C. 1	0.028	0.225	-0.248	0.077	1
	Sig.	0.390	0.084	0.089	0.205	
	N	590	590	590	590	590

*p<0.05

According to the results of pearson correlation analysis conducted to reveal the relationship between JSGA personnel's physical activity awareness level and some variables, there is no relationship between exercise/physical activity consciousness scores and weight (r=0.028, p>0.01), height (r=0.084, p>0.01), BMI (r=-0.249, p>0.01), resting heart rate (r=-0.077, 45 p>0.01). There is a positive weak relationship between height and weight (r=0.337, p<0.01), a positive low relationship between BMI and weight (r=0.239, p<0.01), and a strong negative relationship between BMI and height (r=-0.739, p<0.01).

DISCUSSION

This study was prepared to examine the physical activity and consciousness measurements of law enforcement personnel working in the Gendarmerie and Coast Guard Academy. Within the scope of the data obtained as a result of the research, the literature was evaluated. In all arrangements made with literature archiving, physical activity, a general link has been established between inactivity and poor health, and different restrictions are presented (Dugdill et al, 2009). In the awareness of the activities for these objects, there are various questionnaires tried on people in different places or applications taken with verbal statements. It was determined by Dogru et al. (2015), that effective employment, which measured the knowledge density of civil servants in the field of health under protection, could not have a sufficient effect on the benefit-harm relationship, so they exercise very effectively. Similarly, the result of Yalcınkaya et al. (2007), health life awareness in health care is that the lowest parameter is that they consume their exercises. In the literature, it has been argued that other sections on this sector draw conclusions in the same direction, and that regular exercise

habits in health employment are never used and cannot fully benefit from its benefits (Altay et al, 2015). Basar and Sari (2018), conducted a survey of 120 people who regularly do physical activity, examined that they went to affect their psychologically good existence. Another structured in individuals who do sports according to the person was similar when the psychological state increased the physical fitness parameters of the individuals in the mirrors (Hicks et al, 2003). Sahin (2018), argued that what they experienced was a normal result of physical strength in their bodies exercising, but they argued that examples of muscular strength contributed greatly to coping with difficulties. In the literature review, the health benefits of physical activity have been widely identified and extensively documented in the outcome evaluation of studies conducted with police, military or security personnel (Yoo et al, 2009; Taylor et al, 2008; Anderson et al, 2001; Cin et al, 2021). Marins, David and Del Vecchio (2019), found that law enforcement officers who do their jobs at the highest level are physically fit and exercise regularly. This finding is supported by research in other physically demanding occupations. Støren and Sunde (2003), found in their study that almost all Norwegian law enforcement personnel stated that they exercised in their spare time to prevent illness and were in good physical condition. Other studies have suggested that general fitness, which reduces the likelihood of injury and illness, is more important than physical strength in law enforcement personnel (Crawford et al, 2011; Taylor et al, 2008). However, the findings of the study conducted in different task applications in the security personnel group suggest the opposite. In his study on law enforcement personnel, Marins et al (2020), suggested that in some job descriptions of law enforcement, sedentary desk work in general weakens some performance functions and lowers awareness of physical condition. In another study by Talbot et al. (2009), in the US Army, the scores obtained from the physical fitness test and the risk of coronary heart diseases of personnel were investigated. In the study, when the physical fitness score of the staff in the last 5 years was examined, they stated that the people with a high score were at a normal level of BMI and far from diseases, but 25.7% of the staff with a low score were in the high risk group. It is thought that personnel with low scores are more in desk jobs. Looking at the studies conducted in the field of security from a different point of view, they argued that the physical fatigue and stress factors caused by the intense work schedule cause a decrease in the nutrition, health and physical activity levels of the personnel. Conway and Cronan (1992) examined the effect of smoking on physical fitness in a scientific study conducted on 3045 personnel in the American navy. In the study, they found that the parameter differences between those who exercised outside of the task and those who did not affect cardiovascular fitness, but did not make a difference in fat percentages (Conway and

Cronan, 1992). Lockie (2009), in his study found that law enforcement officers reported more subjective health complaints than the general population and physicians. It is said that the biggest reason for this situation is that the strenuous task conditions in job performance make it feel like physical activity and exercise, so they do not plan a separate exercise program.

It is seen that physical activity and level of consciousness are indispensable for a healthy society and have gained importance in the world recently. The effect of physical activity on health is indisputable. However, it is observed that the level of physical activity and consciousness varies depending on parameters such as occupation, age, socioeconomic status. Considering the results of the studies, it is very important for the law enforcement personnel in our sample group to develop the physical fitness in their job descriptions and to have the right physical consciousness and to be able to apply the right analysis/solution in difficult conditions and conditions in order to cope with the mood difficulties that the task may bring. However, it is a fact that intense work tempo and lack of time are factors that should be taken into account in the evaluation of work results.

CONCLUSION

As a result, when the findings obtained are examined, it is seen that the physical activity awareness level of the personnel is at a moderate level (X: 1.80±0.70). In addition, when the exercise habits of the JSGA personnel are examined, 63.3% do not exercise regularly, 38.1% smoke when their beverage habits are considered, 28.2% of the personnel are on the phone for more than 3 hours when looking at the use of technology, 58% when looking at the eating habits, It was concluded that of them consumed fast food and when their stress status was examined, 60% saw their job as stressful. When the result was examined, it was concluded that the Gendarmerie and Coast Guard personnel should change their habits for a healthy life. It is thought that the reasons brought by the physiological factors created by the job conditions of the personnel and the lack of time cause them not to perform an extra exercise physically. Looking at the literature, it can be said that the law enforcement personnel in our study group produced similar results to other study examples and results.

Since the lack of physical activity is considered to be a great loss for the gendarmerie personnel, whose primary duty is to ensure public order and security, it is considered that physical activity awareness should be increased in order for the personnel to be physically active at a sufficient level. In order for physical activity to become a habit of the personnel, it may be recommended to provide training, seminars and conferences on the positive effects of exercise on the quality of life and health of the personnel. In addition, it is considered that it

will be very valuable to provide the opportunity to exercise to the personnel who have a busy work schedule and lack of time.

REFERENCES

Altay B , Cavusoglu F & Gunestas I. (2015). Healthy Life Style Behaviours And Influencıng Factors Of Nurses Who Work At The University Hospital. Dokuz Eylul University Faculty of Nursing Electronic Journal, 8 (1) , 12-18 .

Andersen LJ, Hansen PR, Søgaard P, Madsen JK, Bech J, & Krustrup P. (2010). Improvement of systolic and diastolic heart function after physical training in sedentary women. Scandinavian Journal Of Medicine & Science İn Sports, 45(20), 50-57. 10.1111/j.1600-0838.2009.01088.x.

Anderson GS, Plecas D, & Segger T. (2001). Police officer physical ability testing–re-validating a selection criterion. Policing: An International, Journal of Police Strategies & Management, 24(1), 8-31. 10.1108/13639510110382232.

Basar S, & Sari I. (2018). The effect of regular exercıse on depressıon, happıness and mental well-beıng. Inonu University, Journal of Physical Education and Sport Sciences (IUJPESS), 5(3), 25-34.

Bissett D, Bissett J, & Snell C. (2012). Physical agility tests and fitness standards: perceptions of law enforcement officers. Police Practice and Research, 13(3), 208-223. 10.1080/15614263.2011.616142.

Bonneau J, & Brown J. (1995). Physical ability, fitness and police work. Journal Of Clinical Forensic Medicine, 2(3), 157-164. 10.1016/1353-1131(95)90085-3.

Bozkus T, Turkmen M, Kul M, Ozkan A, Oz U, & Cengiz, C. (2013). Determination and relationships of physical activity level and healthy lifestyle behaviors in physical education students. International Journal Of Science Culture And Sport (Intjscs), 1(3), 49-65.

Ceylan H I, & Saygın O. (2021). An investigation of the relationship between new fasting hormone asprosin, obesity and acute–chronic exercise: current systematic review. Archives of Physiology and Biochemistry, 127(4), 373-384.

Conway TL, & Cronan, TA. (1992). Smoking, exercise, and physical fitness. Preventive Medicine, 21(6), 723-734. 0.1016/0091-7435(92)90079-W.

Crawford K, Fleishman K, Abt J P, Sell T C, Lovalekar M, Nagai T, & Lephart S M. (2011). Less body fat improves physical and physiological performance in army soldiers. Military Medicine, 176(1), 35-43. 10.7205/MILMED-D-10-00003.

Dogru E, Kızılcı M H, Balcı N C, Korkmaz N C, & Tekindal MA. (2015). Investigation of exercise consciousness and habits of ındividuals using outdoor sports equipment. Journal Of Exercise Therapy And Rehabilitation, 2(3), 102-109.

Dugdill L, Crone D, & Murphy R (Eds.). (2009). Physical Activity And Health Promotion: Evidence-Based Approaches To Practice. John Wiley & Sons.

Gorczyca A M, Eaton C B, Lamonte M J, Manson J E, Johnston J D, Bidulescu A, & Shumaker S. (2017). Change in physical activity and sitting time after myocardial infarction and mortality among postmenopausal women in the women's health ınitiative-observational study. Journal Of The American Heart Association, 6(5), E005354. 10.1161/JAHA.116.005354.

Hicks A L, Martin K A, Ditor D S, Latimer A E, Craven C, Bugaresti J, & Mccartney N. (2003). Long-Term exercise training in persons with spinal cord injury: effects on strength, arm ergometry performance and psychological well-being. Spinal Cord, 41(1), 34-43.

Lagestad P. (2012). Physical skills and work performance in policing. International Journal Of Police Science & Management, 14(1), 58-70. 0.1350/ijps.2012.14.1.

Lockie R G, Balfany K, Bloodgood A M, Moreno M R, Cesario KA, Dulla J M, & Orr RM. (2019). The influence of physical fitness on reasons for academy separation in law enforcement recruits. International Journal Of Environmental Research And Public Health, 16(3), 372.

Marins E F, Cabistany L, Farias C, Dawes J, & Del Vecchio FB. (2020). Effects of personal protective equipment on metabolism and performance during an occupational physical ability test for federal highway police officers. The Journal Of Strength & Conditioning Research, 34:1093-1102.

Marins E F, David GB, & Del Vecchio FB. (2019). Characterization of the physical fitness of police officers: A systematic review. The Journal Of Strength & Conditioning Research, 33(10), 2860-2874. 10.1519/JSC.0000000000003177.

Milne M, Divine A, Hall C, Gregg M, & Hardy J. (2014). Non-Participation: How age ınfluences ınactive women's views of exercise. Journal Of Applied Biobehavioral Research, 19(3), 171-191. 10.1111/jabr.12024.

Ozer, K. (2010). Physical Conformity.3. Impression. Ankara: Nobel Publishing Distribution.

Ozturk M. (2015). Validity and reliability of the international physical activity questionnaire and determination of physical activity levels in students studying at the university. Master's Thesis, Hacettepe University, Institute of Social Sciences, Ankara.

Rhodes R E, Janssen I, Bredin S S, Warburton D E, & Bauman A. (2017). Physical activity: Health impact, prevalence, correlates and interventions. Psychology & Health, 32(8), 942-975. 10.1080/08870446.2017.1325486.

Sabbag C, & Aksoy E. (2011). Leisure activities of university students and employees: The case of Adıyaman. Journal Of Mehmet Akif Ersoy University Institute Of Social Sciences, (4), 10-23.

Sahin A. (2018). Investigation of perceived stress levels of university students by faculty type and gender variables. Kilis 7 December University Journal of Physical Education and Sports Sciences, 2(1), 28-35.

Saygın O, & Dukkancı Y. (2009). Investigation of the relationship between health-related physical fitness and physical activity intensity in girls. International Journal of Human Sciences, 6(1), 320-329.

Støren Ø, & Sunde, A. (2003). Trening I Arbeidstiden': Et samarbeidsprosjekt mellom politidirektoratet, høgskolen i telemark og elixia nordic bedrift AS (Sluttrapport Juni). Høgskolen I Telemark, Bø.

Suniaga S, Rolvien T, Vom Scheidt A, Fiedler I A, Bale H A, Huysseune A, & Busse B. (2018). Increased mechanical loading through controlled swimming exercise induces bone formation and mineralization in adult zebrafish. Scientific Reports, 8(1), 1-13.

Talbot LA, Weinstein AA, & Fleg JL. (2009). Army physical fitness test scores predict coronary heart disease risk in army national guard soldiers. Military Medicine, 174(3), 245-252. 10.7205/MILMED-D-01-690.

Taylor MK, Markham A E, Reis, J P, Padilla GA, Potterat EG, Drummond S P, & Mujica-Parodi LR. (2008). Physical fitness influences stress reactions to extreme military training. Military Medicine, 173(8), 738-742.

Tuncel F, Tuncel S, Yuksel HS, & Sevde V. (2016). Healthy living habits and physical activity awareness levels of staff working in Ankara University Colleges. Spormeter Journal of Physical Education and Sport Sciences, 14(1), 109-119.

Turkish Statistical Institute website (2022). http://www.tuik.gov.tr/ Date received: 03.11. 2022.

Vardarlıer P, & Ozturk C. (2020). The role of social media use in health communication. Sociological Thought, 5(1), 1-18.

Vural O, Serdar ER, & Guzel NA (2010). The relationship between physical activity level and quality of life in desk workers. Spormeter Journal of Physical Education and Sport Sciences, 8(2), 69-75.

Wang A, Qin F, Hedlin H, Desai M, Chlebowski R, Gomez S, & Stefanick ML. (2016). Physical activity and sedentary behavior in relation to lung cancer incidence and mortality in older women: The Women's health ınitiative. International Journal Of Cancer, 139(10), 2178-2192.

Yalcınkaya M, Ozer FG, & Karamanoglu AY. (2007). Evaluation of healthy lifestyle behaviors in health workers. TAF Preventive Medicine Bulletin, 6(6), 409-420.

Yoo HL, Eisenmann JC, & Franke WD. (2009). Independent and combined influence of physical activity and perceived stress on the metabolic syndrome in male law enforcement officers. Journal Of Occupational And Environmental Medicine,1(51) 46-53.