

Physical Activity Levels of Individuals Working in the Sports Directorate

Spor Müdürlüğünde Çalışan Bireylerin Fiziksel Aktivite Düzeyleri

Arslan Kalkavan¹, *Esrarur Terzi²

¹ Recep Tayyip Erdogan University, Sport Science Faculty, Rize, TÜRKİYE / arslan.kalkavan@erdogan.edu.tr / 0000-0001-9439-4976

² Recep Tayyip Erdogan University, Graduate Education Institute, Rize, TÜRKİYE / esrarurtrzi@hotmail.com / 0000-0002-1112-9307

* Corresponding author

Abstract: The aim of this study is to examine the physical activity levels of civil servants employed in a provincial directorate of sports with a focus on individual factors and their attitudes toward physical exercise. The research cohort comprised 160 individuals, randomly selected from employees working in the sports directorate, consisting of 79 women and 81 men. Data collection was conducted through an online questionnaire encompassing a personal information form and the International Physical Activity Questionnaire-Short Form. Descriptive statistics and Chi-square analyses were employed for data analysis, supplemented by calculations of Cohen's d effect sizes to assess the relationship between variables. Results from the analysis revealed that 19.40% of sports directorate employees were categorized as inactive, 20.60% as minimally active, and 60% as sufficiently active. Furthermore, significant disparities in physical activity levels were observed concerning gender, age, marital status, and sports history ($p < 0.05$). The findings underscore a deficiency in adequate physical exercise participation, particularly among women, married individuals, and the elderly. This discrepancy suggests that the sports institution, entrusted with the administration and promotion of sports, may lack the desired level of representation and incentives within the broader populace. Considering the pivotal role of active physical engagement for health benefits, it is reasonable to infer that employees within the provincial sports directorate may lack adequate knowledge or serve as insufficient role models in this regard.

Keywords: Exercise, health, officer.

Özet: Bu çalışmanın amacı, il spor müdürlüğünde görev yapan memurların fiziksel aktivite düzeylerini, bireysel faktörler ve fiziksel egzersize yönelik tutumlar odaklı olarak incelemektir. Araştırma grubunu spor müdürlüğünde görev yapan çalışanlardan rastgele seçilen 79'u kadın, 81'i erkek 160 kişi oluşturdu. Veri toplama, kişisel bilgi formu ve Uluslararası Fiziksel Aktivite Anketi-Kısa Formunu içeren çevrimiçi bir anket aracılığıyla gerçekleştirildi. Veri analizi için tanımlayıcı istatistikler ve Ki-kare analizleri kullanıldı. Analiz sonuçları spor müdürlüğü çalışanlarının %19,40'nın hareketsiz, %20,60'nın minimum düzeyde aktif ve %60'nun yeterli düzeyde aktif olarak kategorize edildiğini ortaya çıkardı. Ayrıca cinsiyet, yaş, medeni durum ve spor geçmişine göre fiziksel aktivite düzeylerinde anlamlı farklılıklar gözlemlendi ($p < 0,05$). Çalışma sonuçları, özellikle kadınlar, evli bireyler ve yaşlılar arasında yeterli fiziksel egzersiz katılımındaki eksikliğin altını çizmektedir. Bu tutarsızlık, sporun idaresi ve teşviki ile görevlendirilen spor kurumunun daha geniş nüfusta arzu edilen düzeyde temsil ve teşvikten yoksun olabileceğini düşündürmektedir. Aktif fiziksel aktivitenin sağlık yararları açısından oynadığı hayati rol göz önüne alındığında, il spor müdürlüğündeki çalışanların bu konuda yeterli bilgidен yoksun olabileceği veya yetersiz rol model olabileceği sonucunu çıkarmak mümkündür.

Anahtar Kelimeler: Egzersiz, memur, sağlık.

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INTRODUCTION

Today, it is widely acknowledged that physical activity plays a pivotal role in both safeguarding and enhancing health (1). Furthermore, physical inactivity is recognized as the fourth leading global risk factor for mortality (2). On a global scale, it is estimated that physical inactivity contributes to 6% of coronary heart disease cases, 7% of type 2 diabetes cases, and 10% of breast cancer cases (3). Consequently, the World Health Organization has issued guidelines delineating the requisite levels of physical activity essential for health enhancement. Although these guidelines vary according to individual circumstances, the American College of Sports Medicine (ACSM) generally stipulates that for an individual to be classified as physically active, they should engage in at least 30 minutes of moderate-intensity physical activity on a daily basis or most days of the week (4).

Research indicates that adhering to physical activity guidelines is crucial for disease prevention, enhancing well-being, and improving quality of life, while also yielding economic, social, and cultural advantages (5). Moreover, compelling evidence suggests that physical activity confers numerous physical and mental health benefits, including a reduction in the risk of depression and anxiety (6). Nonetheless, the correlation between mood and physical activity is contingent upon factors such as the intensity and duration of the exercises undertaken, and this relationship may vary among individuals (7,8,9).

In the majority of studies, the terms "exercise" and "physical activity" are often used interchangeably without clear differentiation. While ongoing debate surrounds whether these concepts differ, various definitions have emerged for each term in different studies. Caspersen et al. defined physical activity as "any bodily movement produced by skeletal muscles that results in energy expenditure" (10). This definition encompasses not only structured exercises aimed at improving physical fitness but also encompasses activities related to work, household chores, and recreational pursuits. Prior to the study by Caspersen et al. (10), the term "exercise" was predominantly used in research examining physical activity, and it was observed to encompass all categories covered by the aforementioned definition of physical activity (11). The absence of a definitive consensus on this matter contributes to some confusion in the interpretation of the physical activity literature. Consequently, in our study, we will maintain both the concept of exercise and physical activity together and conduct evaluations accordingly.

Given the manifold positive effects of physical activities and exercises on both physical and psychological well-being, sustaining motivation for consistent engagement in physical activity is imperative (12,13). A study suggests that maintaining regular physical activity requires sustained engagement for a period exceeding six months. However, research indicates that the dropout rate from physical activity within the initial six months surpasses 50%. Within this

framework, recognizing the significance of physical activity and exercise as fundamental components of a healthy lifestyle for the prevention and management of chronic diseases (14,15,16), it becomes crucial for individuals to foster motivation and enact lifestyle changes conducive to sustained physical activity participation, thus mitigating the risk of fatigue and discontinuation.

In our study, we examined the physical activity levels and lifestyle habits of civil servants employed in a state institution affiliated with sports administration. It's important to note that our study does not offer epidemiological, experimental, or clinical evidence concerning the detrimental effects of sedentary behavior or the benefits of an active lifestyle. Rather, our primary objective is to assess the physical activity statuses of civil servants engaged in sports-related roles within youth sports directorates, considering individual factors, and to evaluate their attitudes toward physical activity. Through this investigation, we aim to make predictions regarding whether employees in institutions with designated sports leadership at the provincial level adhere to healthy lifestyle practices. It is widely acknowledged that governments play a crucial role in promoting physical activity within societies, as it significantly impacts public health. Therefore, determining the physical activity levels of employees within a sports-related institution is essential for gauging their awareness and commitment to this important health-promoting endeavor.

In their respective studies, Kırbaş (15) examined the impact of the work environment on physical activity among employees of the provincial directorate of sports. The majority of the employees were found to have low levels of physical activity. Approaching the subject from a different perspective, Arabacı & Çankaya (17) investigated the influence of occupational factors on physical activity among physical education teachers who are civil servants. Similarly, Karadağ et al. (18) examined the physical activity levels of personnel at a state university's school of physical education and sports, exploring the influence of the work environment. Both studies concluded that the majority of employees did not meet the recommended levels of physical activity.

Our study aims to offer an innovative contribution to the literature by employing a novel methodology or analytical approach, thereby enriching existing knowledge in the field. In contrast to prior research, gathering data from a broader sample or a different geographical area could bolster generalizations and findings in the literature. The findings of our study could provide practical recommendations aimed at enhancing the levels of physical activity among individuals working in the youth and sports domain. These recommendations could serve as guidance for policymakers and practitioners. Furthermore, our study proposes to advance theoretical knowledge in the field by introducing a new conceptual framework or theoretical model for understanding physical activity levels in the youth and sports domain. These contributions underscore the significance of our proposed study and the value it can offer to the literature. Ultimately, it is hoped that our study will make significant contributions by expanding existing knowledge, advancing theoretical understanding, and generating practical outcomes.

In light of the aforementioned information, the objective of this study is to investigate the physical activity levels among civil servants employed in a state institution associated with sports, considering various individual factors, and to uncover their attitudes toward physical activity. Within this framework, the study aims to test the following hypotheses: The gender (H1), age (H2), sports background (H3), and marital status (H4) of sports directorate employees create differences in their levels of physical activity.

METHODS

Research Model: This research encompasses the voluntary participation of employees from the Turkish Sports Directorate who agreed to complete the questionnaire. Employing a survey model, a quantitative research method commonly utilized in the social sciences, data collection was conducted through a survey.

In this context, the study aimed to ascertain whether demographic characteristics of employees in sports directorates, such as gender, age, sports history, and marital status, were correlated with their levels of physical activity.

The study was approved by the Social Sciences and Humanities Ethics Committee of Recep Tayyip Erdoğan University (number: 2023/144, Date: 13/04/2023).

Research Group: The study group consists of a total of 160 personnel, 79 women and 81 men, working in the sports directorate, which is determined by random sampling method. As a result of the power analysis applied on the basis of previous studies (15) in determining the number of samples, it was determined that 152 participants were sufficient. Employees who did not meet one of the following criteria were not included in the study:

- *To be working in the sports directorate,*
- *Not being on the coaching staff,*
- *Not having any health problems restricting physical activity,*
- *Voluntary participation in the study*

Data Collection: The data for the study were gathered utilizing the "Personal Information Form" and the "International Physical Activity Questionnaire-Short Form". To facilitate this process, the questionnaire was disseminated to participants outside of working hours through an online survey conducted via Google Forms. Data were then collected from individuals who voluntarily opted to participate in the study.

Personal Information Form: This form has been prepared by the researchers and consists of questions about independent variables such as gender, age, faculty, year of licensed sports and marital status within the scope of the purpose of the research.

International Physical Activity Questionnaire-Short Form (IPAQ): The International Physical Activity Questionnaire (IPAQ), developed by Craig et al. (19), comprises seven questions aimed at assessing the time individuals spent engaged in physical activity over the past seven days. These questions provide insights into the duration spent on vigorous activities, moderate-intensity activities, and walking. This information is derived by calculating metabolic equivalents

(METs), where the MET values are designated as follows: 1.5 MET for sedentary activities, 3.3 MET for walking, 4 MET for moderate-intensity physical activity, and 8 MET for vigorous physical activity. Upon computing the MET value, individuals' physical activity levels can be categorized as inactive (<600 MET), minimally active (600 MET - 3000 MET), or sufficiently active (>3000 MET).

Analysis of Data: The data collected for the study were analyzed using the JASP 17 program. The sample size was determined through G-Power analysis. Descriptive statistics and Chi-Square analysis were primarily employed to compare categorical variables in the data analysis. The significance level was set at $\alpha = 0.05$. Additionally, Cohen's *d* effect sizes were calculated to assess the strength of relationships between variables in the test results.

RESULTS

Table 1. Total MET levels of sports directorate employees according to demographic characteristics.

Variables		n	M	SD
Gender	Females	79	1790.75	1877.28
	Male	81	4209.64	4571.36
Age	26-30 years	81	4086.36	4444.42
	Over 30 years	79	1917.15	2298.99
Marital Status	Married	103	2548.81	3254.84
	Single	57	3858.31	4303.58
Years of Licensed Sports	No	34	864.79	1078.97
	1-4 years	49	3004.34	3542.25
	5-9 years	77	3971.88	4155.33

Descriptive Statistics, n: Number of Persons, M: Mean, SD: Standard Deviation.

Table 2. Chi-square test results in terms of variables according to the physical activity levels of the employees of the sports directorate.

Variables		Inactive		Minimally Active		Sufficiently Active		Statistics		
		n	%	n	%	n	%	χ^2	p	d/η^2
Gender	Females	24	30.38	41	51.90	14	17.70	22.473	0.000*	0.689
	Male	7	8.60	34	42.00	40	49.40			
Age	26-30 years	3	3.70	43	53.10	35	43.20	26.495	0.000*	0.611
	Over 30 years	28	35.44	32	40.50	19	24.10			
Years of Licensed Sports	No	24	70.60	9	26.50	1	2.90	78.899	0.000*	0.104
	1-4 Years	7	14.30	25	51.00	17	34.70			
	5-9 Years	-	-	41	53.20	36	46.80			
Marital Status	Married	26	25.20	48	46.60	29	28.20	7.824	0.02*	0.358
	Single	5	8.80	27	47.40	25	43.90			
	Total	31	19.40	75	46.90	54	33.80			

* $p < 0.05$, Chi-Square Test, n: Number of Persons, %: Percentage.

In terms of sports history, it was determined that while the rate of being active enough was 2.90% in those without a sports background, it was 34.70% in those with a licensed sports history between 1-4 years, and 46.80% in those with a licensed sports history between 5-9 years, and there was a statistically significant difference between the groups ($p < 0.001$). In other words, a statistically significant difference was found between the physical activity levels of the employees according to their licensed sports history ($X^2 = 78.89$; $p < 0.01$).

When analyzed in terms of marital status, it was determined that the rate of being active enough was 28.20% in married and 43.90% in single patients and there was a statistically significant difference between the groups ($p < 0.05$). In other words, a statistically significant difference was found

When the total MET levels of the employees of the sports directorate were examined, it was found that the total MET levels of men (4209.64 ± 4571.36) were higher than those of women (1790.75 ± 1877.28), the MET levels of employees between the ages of 26-30 (4086 ± 4444.42) were higher than those aged 30 and over (1917 ± 152298.99), the MET levels of single people (3858 ± 4303.58) were higher than those who were married (2548.81 ± 3254.84), and the MET levels of those with a licensed sports history between 5-9 years ($397188 \pm 4155, 33$), which was higher than those with 1-4 years of sports history (3004 ± 3542.25) and those without sports history (864.79 ± 1078.979) (Table 1).

According to the results of the analysis; according to the IPAQ weekly MET total score, it is seen that 19.40% of the employees of the sports directorate are inactive, 46.90% are minimally active and 33.80% are sufficiently active (Table 2).

In terms of gender, it was determined that the rate of men being active enough was 49.40% while the rate of women was 17.70%, and there was a statistically significant difference between the two groups ($p < 0.001$). In other words, a statistically significant difference was found between the physical activity levels of the employees according to their gender ($X^2 = 22.47$; $p < 0.01$).

In terms of age, it was determined that the rate of being active enough was 43.20% in those aged 26-30, while it was 24.10% in those aged 30 and over and there was a statistically significant difference between the groups ($p < 0.001$). In other words, a statistically significant difference was found between the physical activity levels of the employees according to their age ($X^2 = 26.49$; $p < 0.01$).

between the physical activity levels of the employees according to their marital status ($X^2 = 7.82$; $p < 0.05$).

When the effect dimensions were examined, it was determined that gender and age had a moderate effect on physical activity status, while licensed sports history and marital status had a low effect on physical activity status.

DISCUSSION

Considering the profound impact of physical activity on both physical and psychological well-being, our study was designed to investigate the levels of physical activity among employees in a state institution responsible for sports. In this context, the primary aim of our research is to assess the physical activity levels of these employees based on

individual factors and to extrapolate insights into their attitudes toward physical activity.

The study's findings highlight a significant difference between genders, indicating that men are more inclined to engage in vigorous physical activity compared to women overall. This observation is presumed to stem from factors such as women's heightened involvement in both professional and social spheres, alongside the increasing prevalence of social media usage. In a related study, it was revealed that 36% of women abstained from physical activity due to work or study commitments, 24% cited family caregiving responsibilities as a deterrent, and 7% attributed their lack of activity to other obligations (20). Consistent with these findings, other research has underscored that men tend to participate in vigorous physical activity to a greater extent than women (1,4,21,22,23). Additionally, studies have identified time constraints as the primary barrier impeding employees' engagement in physical activity (24,25). It is generally stated that physical activity levels are higher in the male population compared to females (26,27). Based on the findings (1,4,20-27) of these studies, it is evident that the gender variable plays a significant role in the physical activity levels of sports officials. It is commonly noted in the literature that men generally exhibit higher levels of physical activity, while women tend to have lower activity levels. However, such generalizations may not always hold true, and individual differences and social factors also play a role. Therefore, further research is needed to understand the impact of the gender variable on physical activity levels. Among the reasons for men generally having higher levels of physical activity compared to women are societal gender norms, access to sports and recreational facilities, societal pressures, sports education and experience, as well as biological factors. However, considering that these factors affect individuals differently and acknowledging the increasing interest of women in sports and physical activity, it is important to promote gender equality and support everyone in adopting a healthy and active lifestyle.

Another notable finding from our study indicates a significant decrease in the participation rate of vigorous physical activity with advancing age. This outcome is believed to be influenced by both physical and psychological factors associated with aging, which may impede individuals from engaging in physical activity outside of their professional commitments. Furthermore, the decline in participation in vigorous physical activity among older individuals could be attributed to the inability to find suitable activities that align with their age preferences and interests, thus potentially leading to a lack of motivation. Consistent with our findings, previous research has also demonstrated a decline in participation in vigorous physical activity with increasing age (28,29). However, it's important to note that there are conflicting findings in the literature, as some studies have reported an increase in overall physical activity levels with age (30,31), which may subsequently contribute to weight gain (32,33). Elderly employees generally have more work experience and responsibilities, which can lead to decreased time allocated for physical activity due to intense work schedules and time constraints. Especially those in managerial or specialist positions may allocate less time for physical activity due to job stress and workload. As age

progresses, physical changes and signs of aging in the body can negatively impact participation in physical activity. Factors such as decreased muscle strength and flexibility, joint pains, and fatigue in elderly individuals can reduce the desire to engage in physical activity. With aging, motivation levels and desire to participate in physical activity may decrease. Internal barriers such as not feeling physically comfortable or lacking motivation to start a new activity can decrease the physical activity levels of elderly employees. As individuals age, their lifestyle and habits may also change. While they may have participated in more physical activity before retirement, this level of activity may decrease after retirement. Additionally, new roles and responsibilities such as family obligations and grandchild care can make it difficult to allocate time for physical activity. In summary, as the age of employees in sports institutions increases, the reasons for lower levels of physical activity include job stress, time constraints, physical exhaustion, lack of motivation, internal barriers, and lifestyle changes (28-33). The increase in job experience and responsibilities among elderly employees may reduce the time they can allocate to physical activity, while age-related physical changes and lack of motivation can also negatively impact participation. Therefore, supportive policies and motivation-enhancing activities in the workplace are important for elderly employees to maintain a healthy lifestyle.

Another significant finding from our study reveals that individuals with a history of sports participation tend to exhibit notably higher levels of vigorous physical activity. This suggests that those who engaged in sports activities in the past tend to sustain their physical activity levels even into their working lives. This phenomenon could be attributed to several factors. Firstly, individuals with a sports background may have developed ingrained habits of physical activity, thus continuing to prioritize exercise as part of their lifestyle. Additionally, their prior sports experience may have instilled a greater awareness and understanding of the importance of physical activity, leading to a more conscious effort to maintain active lifestyles. This finding aligns with existing literature, which has consistently shown that individuals with a history of sports participation demonstrate higher rates of engagement in vigorous physical activity (34,35,36). Physical activity habits generally persist throughout a lifetime. Civil servants who have consistently engaged in sports in the past may continue these habits into their professional lives. Therefore, it is expected that civil servants with a history of sports participation would maintain higher levels of physical activity. Those with a history of sports participation often embrace sports as a part of their lives to preserve physical fitness and skills. Consequently, civil servants with a regular sports history are likely to sustain high levels of physical activity. Individuals with a history of sports participation often have a passion for sports and derive enjoyment from engaging in physical activity. This motivation and passion encourage them to participate regularly in physical activity and sustain their involvement. Additionally, civil servants with a history of sports participation typically adopt healthy lifestyles and are aware of the positive effects of physical activity on health. This conscious health approach may further motivate them to participate in physical activity more eagerly and consistently. In summary, the key reasons behind the high levels of physical activity among civil servants who

have engaged in sports in the past can be summarized as follows: the continuation of habits, maintenance of physical fitness, motivation and passion, and a conscious health approach. These civil servants often maintain their passion for sports and motivation to uphold healthy lifestyles, thereby regularly participating in physical activity. Therefore, it is expected that civil servants with a history of sports participation would exhibit high levels of physical activity because sports have become not only a habit but also an integral part of their lifestyles.

The final finding of our study indicates that single employees exhibit significantly higher levels of physical activity compared to their married counterparts. This disparity could be attributed to the greater amount of free time available to single individuals, which may facilitate increased participation in physical activity. It's plausible that married individuals, due to familial responsibilities and commitments, have less discretionary time for personal pursuits such as exercise. This finding is consistent with existing research that highlights the influence of marital status on various aspects of life, including leisure activities (37,38). Moreover, numerous studies have reported that single individuals tend to be more physically active than those who are married (39,40). Single civil servants are often assumed to be less affected by family responsibilities. This implies that they have more time and flexibility, making it easier for them to participate in physical activities and allocate more time to such activities. Single civil servants can focus more on their health and well-being. Therefore, their individual motivations can encourage them to participate in physical activity. Additionally, recognizing their own needs and seeing the benefits of physical activity can be effective in this regard. Single civil servants typically have a broader social network and friendships. This allows them to perceive sports and physical activity as social activities and engage in them with friends. By joining sports groups or teams, they can increase their social interactions, thereby increasing their participation in physical activity. Single civil servants often use physical activity as a coping mechanism for work stress and daily life stressors. Engaging in regular sports can help reduce stress and improve overall fitness. The main reasons for the high level of physical activity among single civil servants can be summarized as having more time and flexibility, individual motivations and health consciousness, extensive social networks and friendships, and the relationship between stress management and fitness. While single civil servants are generally considered to be less affected by family responsibilities, focusing more on their own needs and being able to plan social activities more comfortably may increase their participation in physical activity. Additionally, embracing sports as a way to cope with work and daily life stressors can also encourage high levels of physical activity. When these factors come together, it can be expected that the physical activity levels of single civil servants will be high. However, these generalizations may not apply to every individual, as personal preferences, lifestyle, and environmental factors can also influence participation.

In this context, the current study provides specific and original information about the physical activity levels of employees in an institution responsible for sports, and is compatible with other international publications in terms of

the relationship between demographic characteristics and physical activity. In this context, in response to numerous research studies worldwide highlighting the barriers to participation in adequate physical activity, our study highlighted the factors affecting the participation in physical activity of employees in an institution responsible for sports. The results obtained from this study highlight the lack of participation in adequate physical activity, especially among women, married people and older people. These findings indicate the need for the development of specific strategies and programs tailored to particular demographic groups. Particularly, policies and programs promoting gender equality should be developed to enhance participation in physical activity among women. Approaches that encourage family involvement should be adopted to increase physical activity levels among married individuals, and age-appropriate and accessible physical activity programs should be created for elderly participants. These results underscore the importance for sports institutions and health policymakers to focus on promoting healthy lifestyles among diverse demographic groups. This situation can be interpreted as the organization, which is expected to be an institution that manages sports and encourages sports, is not at the desired level of representation and encouragement in the general population. Considering the necessity of actively participating in physical activity in order to obtain health-related benefits, it can be thought that the employees of the provincial directorate of sports are not sufficiently knowledgeable and role models on this subject. In this direction;

- It is recommended to implement policies that promote physical activity among employees within the institution. Additionally, providing information and guidance about various physical activities could enhance the likelihood of employees exploring and engaging in new activities.

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GENİŞLETİLMİŞ ÖZET

Çalışmanın Amacı: Bu çalışmanın amacı spor ile ilişkili bir devlet kurumunda görev yapan memurların fiziksel aktivite düzeylerini bireysel faktörlere göre inceleyip, fiziksel aktiviteye yönelik tutumlarını ortaya koymaktır.

Araştırma Problemleri: Bu anlamda çalışmamızda spor ile ilişkili bir devlet kurumunda görev yapan memurların fiziksel aktivite durumları incelenmiş yaşam tarzları hakkında durum tespiti yapılmıştır. Yapmış olduğumuz çalışma sedantaryazmin olumsuz etkileri ve fiziksel olarak aktif bir yaşam tarzının olumlu etkilerine dair epidemiyolojik, deneysel ve klinik kanıtlar sunmamaktadır. Çalışmamızdaki asıl amaç gençlik spor il müdürlüklerinde (GSİM) spor ile içe içe olan memurların fiziksel aktivite düzeylerini bireysel faktörlere göre inceleyip, fiziksel aktiviteye yönelik tutumları hakkında değerlendirme yapabilmektedir. Böylelikle çalışmamızda illerde spordan sorumlu yürütmeye sahip olan kurumlar içerisinde çalışanların sağlıklı yaşam tarzını benimseyip benimsemedikleri konusunda da tahminlerde bulunulabilecektir. Sağlık açısından önemli olan fiziksel hareketliliğin toplumlara yaygınlaştırılmasının devletler tarafından büyük ölçüde desteklendiği bilinmektedir. Bu anlamda spordan sorumlu bir kurum içerisinde yer alan çalışanların fiziksel hareketliliğinin belirlenmesi bu konuda bilinçli olup olmadıklarını görmek açısından önemlidir.

Literatür Araştırması: Literatür incelendiğinde cinsiyet açısından ele alınan araştırmalarda kadınların fiziksel aktiviteye katılım göstermemelerinin, %36'sının iş veya çalışma nedeniyle meşgul olmalarından, %24'ünün aileye bakma nedeniyle meşgul olmalarından ve %7'sinin ise başka nedenlerle meşgul olmalarından kaynaklandığı belirlenmiştir (19). Yapılan diğer çalışmalarda erkeklerin kadınlara kıyasla daha fazla şiddetli fiziksel aktiviteye katılım gösterdiğini vurgulamıştır (1,20-23). Yaş açısından değerlendirme yapılan araştırmalarda yaş ilerledikçe şiddetli fiziksel aktiviteye katılımın düştüğü görülmektedir (28,29). Diğer çalışmalarda fiziksel aktivite düzeyinin yaş ilerledikçe (30,31) azalmaya başladığını ve ardından vücut ağırlığında artışa yol açtığını belgelemiştir (32,33). Farklı çalışmalarda geçmişte spor yapmış kişilerin şiddetli fiziksel aktiviteye katılma oranlarının yüksek olduğu belirlenmiştir (34-36). Ayrıca medeni durumun boş zamanlarda yapılan aktiviteler gibi hayatı etkileyen tüm alanlarda etkili olduğu vurgulanmıştır (37,38). Bekar bireylerin evli olanlara göre daha fazla aktif olduğunu bildiren çalışmalar da mevcuttur (39,40).

Yöntem: Bu araştırma, uygulanan anket formunu, gönüllü olarak doldurmayı kabul eden GSİM çalışanlarını kapsamaktadır. Çalışmada sosyal bilimler alanında kullanılan nicel araştırma yöntemlerinden tarama modeli kullanılmış olup veri toplama tekniği olarak anket çalışması yapılmıştır. Çalışma grubunu seçkisiz örnekleme yöntemi ile belirlenen GSİM çalışan 79 kadın, 81 erkek toplam 160 personel oluşturmaktadır. Araştırmanın verileri, "Kişisel Bilgi Formu" ve "Uluslararası Fiziksel Aktivite Anketi-Kısa Form" kullanılarak toplanmıştır. Bu doğrultuda anket formu, Google Form çevrim içi anket yolu ile katılımcılara mesai saatleri dışında gönderilmiş ve çalışmaya gönüllü olarak katılanlardan veriler elde edilmiştir. Çalışma kapsamında elde edilen veriler JASP 17 programı kullanılarak analiz edilmiştir. Verilerin analizinde kategorik değişkenlerin karşılaştırılmasında Ki-Kare analizi kullanılmıştır. Son olarak test sonuçlarında değişkenler arasındaki ilişkinin düzeyini değerlendirmek amacı ile Cohen's d etki değerleri hesaplanmıştır.

Sonuç ve Değerlendirme: Çalışanların fiziksel aktivite düzeyleri sınıflandırıldığında grubun yarısından fazlası inaktif düzeyde (%19,40) ve minimal aktif düzeyde (%46,90), kalan kısmı ise yeterince aktif düzeyde (%33,80) fiziksel aktivite yapmaktadır. Çalışmanın bulguları, her iki cinsiyet arasındaki farkın anlamlı olduğunu ve erkeklerin genel olarak kadınlara kıyasla şiddetli fiziksel aktiviteye katılma olasılığının daha yüksek olduğunu göstermektedir. Çalışmamızın diğer bulgusu yaş arttıkça şiddetli fiziksel aktiviteye katılım oranlarının anlamlı olarak düştüğünü göstermiştir. Çalışmamızın diğer bir bulgusu geçmişte daha fazla spor yapmış kişilerin şiddetli fiziksel aktivite düzeylerinin anlamlı olarak yüksek olduğunu göstermiştir. Çalışmamızın son bulgusu bekar çalışanların evli olanlara kıyasla fiziksel aktivite seviyelerinin anlamlı olarak daha yüksek olduğunu göstermiştir.

Bu kapsamda, mevcut çalışma, spordan sorumlu bir kurumda çalışanların fiziksel aktivite düzeyleri hakkında özel ve özgün bilgiler sağlarken, demografik niteliklerin fiziksel aktivite ile ilişkisi açısından diğer uluslararası yayınlarla uyumludur. Bu bağlamda dünya çapında yeterli fiziksel aktiviteye katılımın önündeki engelleri vurgulayan çok sayıda araştırma çalışmasına karşılık olarak, çalışmamızda spordan sorumlu bir kurumda çalışanların fiziksel aktiviteye katılımını engelleyen faktörler vurgulanmıştır. Bu araştırmadan elde edilen sonuçlar, özellikle kadınlarda, evlilerde ve yaşlı ilerlemiş olanlarda yeterli fiziksel aktiviteye katılımın eksikliğini vurgulamaktadır. Bu durum ise sporu yöneten, spor yapmayı teşvik edici ve özendirici bir kurum olması beklenen örgütün, genel popülasyonda istenilen temsil ve teşvik düzeyinde olmadığı şeklinde yorumlanabilir. Sağlıkla ilgili yararların elde edilmesi bakımından yeterince aktif olarak fiziksel aktiviteye katılım gösterilmesi gerekliliği göz önüne alındığında GSİM çalışanlarının bu konuda yeterince bilgili ve rol model niteliği taşımadığı düşünülebilir.