

An Evaluation of Postgraduate Theses on the Pilates Exercise Discipline Pilates Branşı İle İlgili Yapılan Lisansüstü Tezler Üzerine Bir Değerlendirme

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Abstract

Analyzing studies to identify under-researched topics in the sports sciences is critically important. This study aimed to examine postgraduate theses published in Turkey in Pilates across various variables. It is believed that our research will be beneficial for researchers in determining study subjects and methods in Pilates. The theses analyzed in this research consisted of electronically accessible theses from the National Thesis Center database of the Turkish Higher Education Council (YÖKTEZ). Accordingly, 208 postgraduate theses were examined, including 165 master's theses, 38 doctoral, and five specialist theses in Medicine. This study utilized the document analysis technique, a qualitative research method. Data analysis was conducted using the SPSS 27 statistical software package. As a result, it was determined that the first study on Pilates was conducted in 2005 at Muğla University, and no thesis on Pilates could be accessed before that year. The number of these has increased since 2022. As of 2023, despite the rapid proliferation of theses on Pilates, this number was found to be insufficient in previous years. As of June 2024, the number of published theses on Pilates has been identified. Regarding the distribution of academic studies on Pilates by subject area, it was found that the highest number of studies were in the fields of Doctorate in Physiotherapy and Rehabilitation (n=17), specialists in physical Medicine and rehabilitation (n=3), and master's degree in physiotherapy and rehabilitation (n=66), followed by sports (n=65). In the past decade, Pilates has evolved from being primarily utilized by dancers to becoming popular in mainstream exercise and injury rehabilitation. Given the increasing popularity and interest in Pilates, current research in this field is believed to contribute significantly to sports and science.

Keywords: Pilates, exercise, training, content analysis, thesis review

Özet

Spor bilimleri alanında az çalışılan konuları belirlemek için yapılmış çalışmaların analizi kritik bir önem taşımaktadır. Bu araştırmada, Türkiye’de pilates alanında yayımlanmış olan lisansüstü tezlerin farklı değişkenler açısından incelenmesi amaçlanmıştır. Araştırmamızın pilates alanında çalışma yapacak araştırmacıların çalışma konusu ve yöntem belirlemede faydalı olacağı düşünülmektedir. Araştırma kapsamında incelenen tezler Türkiye’de Yükseköğretim Kurulu Ulusal Tez Merkezinin (YÖKTEZ) veri tabanı üzerinde elektronik ortamda açık erişime sahip olan tezlerden oluşmaktadır. Bu kapsamda, farklı üniversiteler ve farklı anabilim dallarında yazılmış olan 165 yüksek lisans, 38 doktora tezi ve 5 Tıpta Uzmanlık olmak üzere toplamda 208 lisansüstü tez araştırmanın amacına uygun olarak incelenmiştir. Araştırmada yöntem olarak nitel araştırma yöntemlerinden doküman incelemesi tekniği kullanılmıştır. Verilerin analizi SPSS 27 istatistikî yazılım paket programıyla yapılmıştır. Araştırmada sonuç olarak pilates ile ilgili ilk çalışmanın 2005 yılında Muğla Üniversitesinde yapıldığı, daha önceki yıllarda yapılmış pilates ile ilgili herhangi bir teze ulaşılmadığı, 2022 yılından sonra tez sayılarında bir artış olduğu belirlenmiştir. 2023 yılı itibarıyla Pilates alanında yazılan tezlerin hızlı bir şekilde yaygınlaşmasına rağmen önceki yıllarda bu sayının yeteri kadar olmadığı tespit edilmiştir. 2024 haziran ayı itibarıyla ise yayınlanmış tez sayısı olduğu saptanmıştır. Pilates ile ilgili yapılan akademik çalışmaların konu alanlarına göre dağılımına bakıldığında en çok çalışmanın olduğu konu Doktora Physiotherapy and Rehabilitation (n=17), Tıpta uzmanlık Physical Medicine and Rehabilitation (n=3) ve Yüksek Lisans Physiotherapy and Rehabilitation (n=66) ve Sport(n=65) takip etmektedir. Geçtiğimiz on yılda Pilates, yalnızca dansçılar tarafından kullanılmaktan, ana egzersiz alanında ve yaralanma rehabilitasyonunda popüler hale gelmiştir. Pilatesin yaygınlaşması ve sahada olan ilgisinde artması nedeniyle bu alanda yapılacak olan güncel çalışmaların spor ve bilime katkısının değerli olacağı düşünülmektedir.

Anahtar Kelimeler: Pilates, egzersiz, antrenman, içerik analizi, tez incelemesi.

INTRODUCTION

Pilates is a body and mind training system that has gained prominence in recent years in gyms, physical therapy, and rehabilitation centres, incorporating exercises focused on strength, flexibility, muscle control, attention, posture, and proper breathing (Erbaş, 2018). Developed in the 1920s by Joseph Pilates, the exercise program emphasizes precise control of body position and movement, as suggested by its original name, "Contrology." Pilates initially consisted of mat exercises (Muscolino & Cipriani, 2004) and later evolved to include the use of specialized equipment providing adjustable spring resistance to counteract gravity, such as the Reformer, Cadillac, Wunda Chair, Ped-a-Pul, Arm Chair, Magic Circle, and Barrel (Şimşek & Katırcı, 2011).

Pilates integrates physical exercise components with mind-body activities. It not only aids in improving balance but also forms the core of various effective workouts like cardiovascular exercises. Pilates emphasizes correct alignment, benefiting individuals of all ages and fitness levels (Ungvarsky, 2016). With a holistic approach aimed at achieving good health and fitness, Pilates stands out as a comprehensive method

Pilates is a program focused on maintaining balance and supporting the spine through breath exercises, targeting core muscles (Herman, 2002). Practitioners aim to develop strength and flexibility using their body weight during training. This approach emphasizes muscle strengthening without a primary focus on high-intensity cardiovascular exercise. Today, the Pilates exercise method is widely utilized by many physiotherapists as an effective tool in rehabilitation processes. Pilates exercises utilize body weight as resistance, particularly strengthening core muscles (abdominal and back muscles). In Pilates, muscle structure is integrated (Segal et al., 2004; Bravata & Smith-Spangler, 2000; Ersoy, 2008). The three fundamental principles guiding Pilates are overall health, dedication, and breath. Pilates adopts a holistic approach to health, considering the body as a unified entity that intertwines mind and body (Şimşek & Katırcı, 2011).

Emerging technologies, especially smartphones, computers, tablets, and other electronic devices, offer numerous advantages that facilitate people's lives. However, these advancements have also made sedentary lifestyles prevalent in society. Disruptions in daily exercise routines have been observed as a consequence. Nevertheless, maintaining a regular exercise habit is increasingly vital in today's sedentary living conditions (Coşkuntürk, 2023; Gönen et al., 2022; Çakır, 2020). Engaging in different physical activities like Reformer Pilates could be considered an effective solution to promote regular exercise habits. Therefore, it presents a suitable option for both athletes and sedentary individuals. Pilates exercises can be adjusted according to each individual's physical fitness level, making it appropriate for sedentary and elderly individuals. Regular Pilates exercise is expected to impact overall health positively. Additionally, Pilates can be characterized as a system supporting physical and mental well-being.

In order to identify general trends through descriptive content analysis, independent qualitative and quantitative studies are reviewed, thereby informing prospective researchers planning to work within a specific discipline (Selcuk et al., 2014); however, due to the large number of studies examined in descriptive content analysis, conducting in-depth interpretation and synthesizing their results can be challenging (Calık & Sözbilir, 2014). Mortimore (2000) emphasizes the importance of enhancing the functionality of existing educational theories and gaining a conceptual perspective. Calık and Sözbilir (2014) also argue that despite barriers such as workload and access to published studies, educators and researchers interested in monitoring the development of educational research need to be informed. They further suggest that descriptive content analysis studies can guide researchers, practitioners, policymakers, and institutions in understanding desired outputs.

Descriptive content analysis involves the in-depth examination and organization of qualitative and quantitative studies conducted within a specific subject or field. This method is employed to comprehend the general trends, main themes, and findings of studies in the existing literature (Balıcı & Bekiroğlu, 2012, p. 277). Researchers

utilize various types of analysis in scientific studies through descriptive content analysis to support the content of studies and guide future research endeavours. The literature includes studies that meticulously examine previous research methodologies, data collection and analysis techniques, sample selection, and interpretation of findings. This method can serve as a guiding framework for future research and aid in identifying gaps in the literature.

Fisher and Anushko (2012) noted that a significant feature of academic studies is their ability to provide domain-specific contributions. Therefore, this study aims to examine graduate theses related to the Pilates discipline regarding various variables and provide guiding information to researchers by reminding them of specific criteria in thesis and abstract writing.

Assuming increased interest in Pilates, studies of this nature are presumed to enhance the value of scientific research conducted in the field of Pilates. In this regard, the aim of this research is deemed valuable to examine graduate theses (master's, doctoral, and medical specialty theses) published in the field of Pilates across various dimensions.

METHOD

Research Model

This study employed a document analysis approach covering graduate theses from 2005 to 2024. The examination and evaluation of printed and electronic (computer-based and internet-accessible) materials constitute document analysis. Documents serve as crucial data sources in qualitative research, analysing written materials containing information about the targeted phenomena or cases. In qualitative research, document analysis can be used as a standalone data collection method or in conjunction with other data collection methods (Yıldırım & Şimşek, 2013).

Study Group of the Research

The study's population consists of all graduate theses conducted in the field of Pilates in Turkey, and the sample comprises master's and doctoral theses available in the National Thesis Center of the Turkish Council of Higher Education (YÖKTEZ) database, encompassing works in both Turkish and English. The scope of the study was delimited by conducting searches using the keyword "Pilates." Specifically, the study focused on 38 doctoral theses, 165 master's theses, and five medical specialization theses related to Pilates. Similarly, this research involved document analysis of master's and doctoral theses related to Karate in Turkey. Research data were gathered by examining graduate theses containing the keyword "Pilates" from the National Thesis Center website of the Turkish Council of Higher Education. Therefore, the data collection process in the study utilized a method of content analysis based on secondary data. The data collection period for the study spans from 2005 to 2024 (as of June 1).

The Aim of the Research

The aim of this study is to conduct a content analysis of graduate theses published on "Pilates," identifying their general characteristics and research trends according to various criteria. The study utilized content analysis technique and accessed national graduate theses registered in the National Thesis Center database of the Turkish Council of Higher Education.

Data Collection Instrument and Data Analysis

Descriptive content analysis was employed for data analysis. A total of 208 theses were included in the study based on specific criteria identified during the search. The obtained data were presented in tables and figures

accompanied by descriptive statistics (frequencies and percentages) computed using the SPSS 27 software package. These studies were selected based on their relevance to "Pilates" and being conducted in Turkey. They were categorized by year of study, topic, data collection methods, researcher gender, university details, publication language, keywords, and findings.

FINDINGS

In this section of the study, a total of 208 theses (165 master's theses, 38 doctoral theses, and five medical speciality theses) conducted in the field of "Pilates" between 2005 and 2024 were subjected to content analysis to determine research trends in graduate education in this area. The frequencies and percentages of graduate theses by year are presented in Figure 1.

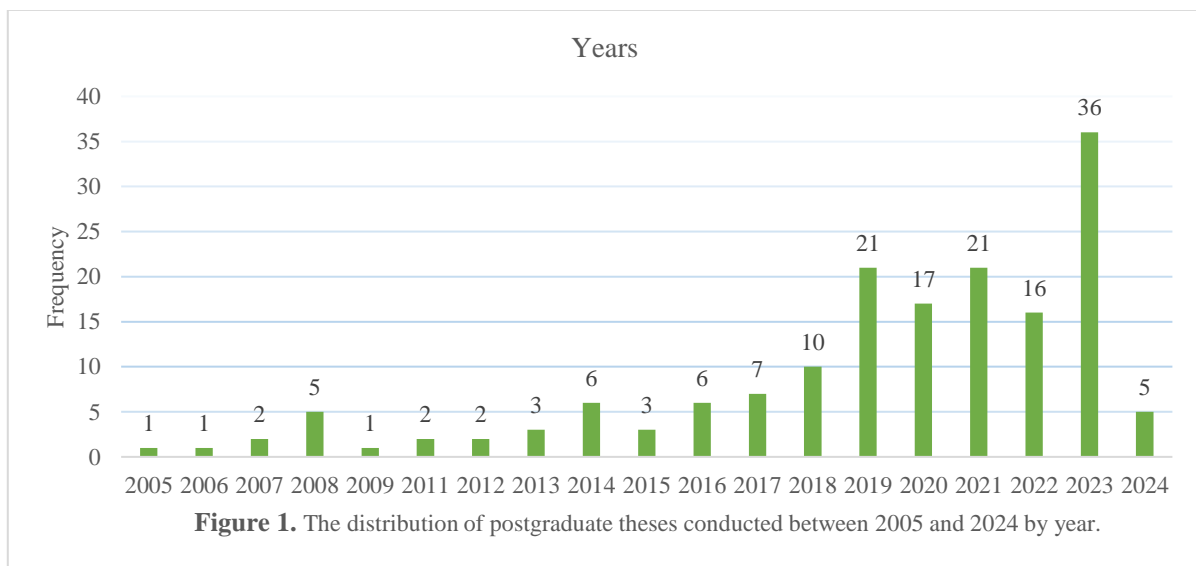


Figure 1 illustrates the distribution of master's theses conducted in the Pilates field from 2005 to 2024 according to the number of theses per year. As shown in Figure 1, the highest number of Master's Theses, 36, was conducted in 2023 (21.82%). The year with the fewest graduate theses was 2005, with 1 (0.60%), followed by 2006 with 1 (0.60%), and 2001 with 1 (0.60%), totalling 165 graduate theses overall..

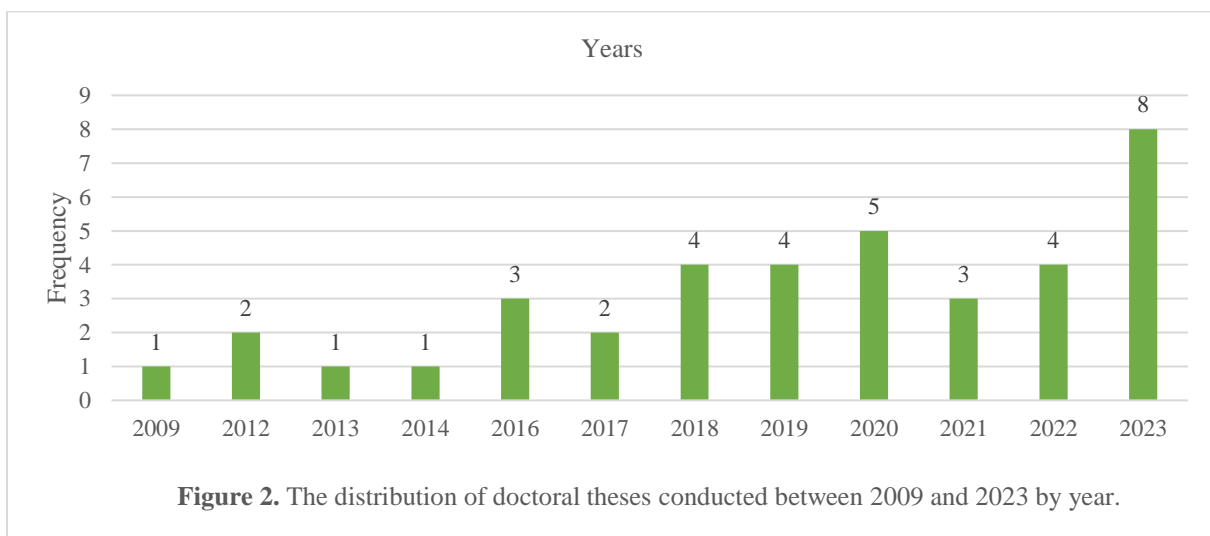


Figure 2 depicts the distribution of doctoral theses conducted in the Pilates field from 2009 to 2023 according to the number of theses per year. As shown in Figure 2, the highest number of doctoral theses, 8, was conducted in 2023 (21.10%). The years with the fewest graduate theses were 2009, with 1 (2.60%); 2013, with 1 (2.60%); and 2014, with 1 (2.60%), totalling 38 graduate theses overall.

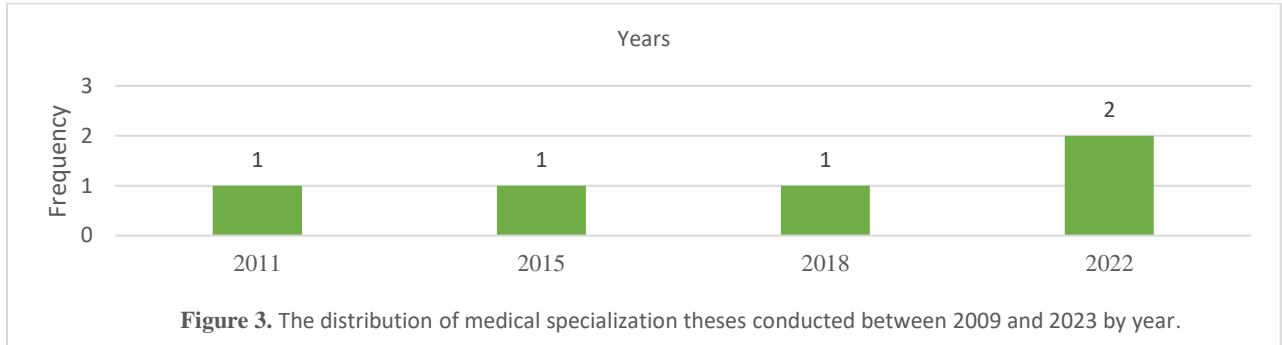


Figure 3. The distribution of medical specialization theses conducted between 2009 and 2023 by year.

Figure 3 presents the distribution of medical speciality theses conducted in the Pilates field from 2011 to 2022 according to the number of theses per year. As shown in Figure 3, the first medical speciality thesis was conducted in 2011. The highest number of medical speciality theses, 2, was in 2022 (40%), totalling five medical speciality theses overall.

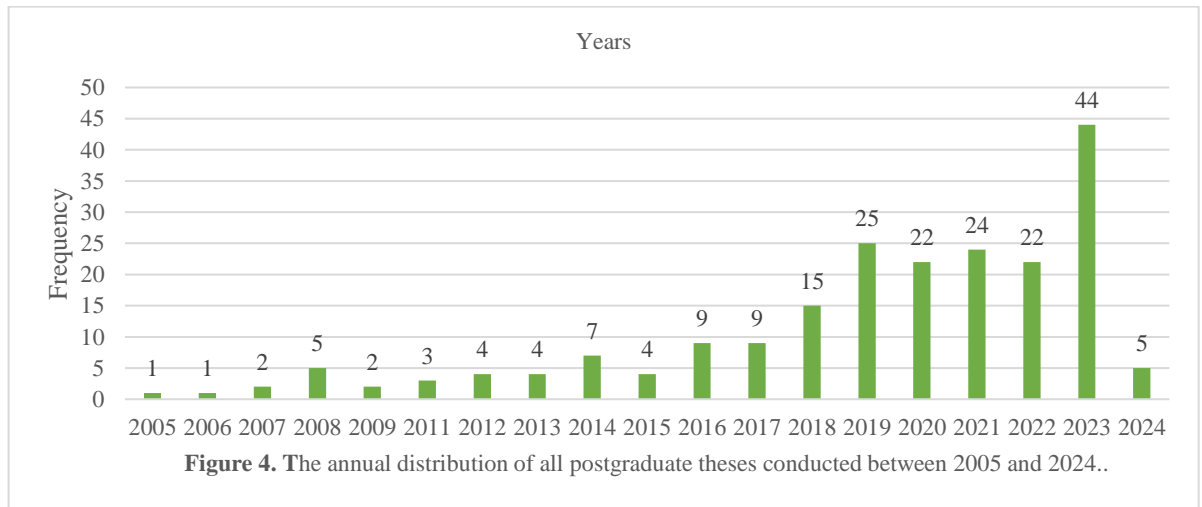


Figure 4. The annual distribution of all postgraduate theses conducted between 2005 and 2024..

Figure 4 illustrates the distribution of master's, doctoral, and medical speciality theses conducted in the Pilates field from 2005 to 2024 according to the number of theses per year. As shown in Figure 4, the first graduate thesis was conducted in 2005. The highest number of graduate theses, 44, was in 2023 (21.20%). The years with the fewest theses were 2005, with 1 (9.52%), and 2006 with 1 (11.90%), totalling 208 theses overall

Table 1. The distribution of postgraduate theses in the field of Pilates by type, conducted between 2008 and 2024.

Publication Type		
	<i>f</i>	%
Master's Degree	165	79,3
Doctorate	38	18,3
Specialty in Medicine	5	2,4
Total	208	100

Table 1 presents the distribution of theses conducted in the Pilates field according to the publication type, based on the examination of information retrieved from master's, doctoral, and medical speciality theses. As shown in Table 1, the data obtained consist of theses conducted between 2005 and 2024. Of the total graduate theses, 38 (18.30%) are doctoral theses, 165 (79.30%) are master's theses, and 5 (2.40%) are medical speciality theses

Table 2: The distribution of postgraduate theses in the field of Pilates by language of publication, conducted between 2005 and 2024

Publication Language	Master's Degree		Doctorate		Specialty in Medicine		Total	
	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%
English	5	3,00	2	5,30			7	3,37
Turkish	160	97,00	36	94,70	5	100	201	96,63
Total	165	100,00	38	100,00	5	100	208	100,00

Table 2 displays the distribution of postgraduate theses conducted in the Pilates field according to the publication language, based on information retrieved from master's, doctoral, and medical specialty theses. As shown in Table 2, the data obtained consist of theses conducted between 2005 and 2024. Specifically, out of the total master's theses, 5 (3.00%) were in English and 160 (97.00%) were in Turkish. For doctoral theses, 2 (5.30%) were in English and 36 (94.70%) were in Turkish. Additionally, 5 (2.40%) medical specialty theses were included. In total, 7 (3.37%) theses were published in English, while 201 (96.63%) were in Turkish.

Table 3. The distribution of postgraduate theses in the field of Pilates by type of publication and researcher gender, conducted between 2008 and 2024

Sex	Master's Degree		Doctorate		Specialty in Medicine		Total	
	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%
Male	33	20,00	5	13,16			38	18,27
Female	132	80,00	33	86,84	5	100	170	81,73
Total	165	100	38	100,00	5	100	208	100

Table 3 presents the distribution of postgraduate theses conducted in the Pilates field according to the researcher's gender variable, based on data from master's, doctoral, and medical speciality theses between 2008 and 2024. For master's theses conducted between 2008 and 2024, the distribution by researcher's gender shows 33 (20%) were male and 132 (80%) were female. Regarding doctoral theses, 5 (13.16%) were conducted by male researchers.

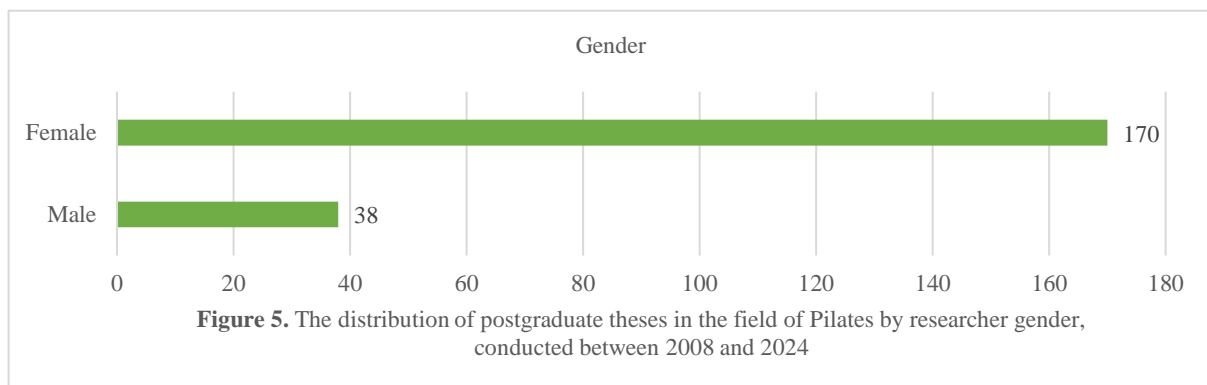


Figure 5. The distribution of postgraduate theses in the field of Pilates by researcher gender, conducted between 2008 and 2024

Figure 5 depicts the distribution of postgraduate theses conducted in the Pilates field according to the researcher's gender variable, encompassing master's, doctoral, and medical speciality theses. Overall, 38 (18.27%) were conducted by male researchers for the published postgraduate theses, while 170 (81.73%) were conducted by female researchers, totalling 208 theses. Specifically, among the total of 38 theses, 38 (86.84%) were conducted by female researchers.

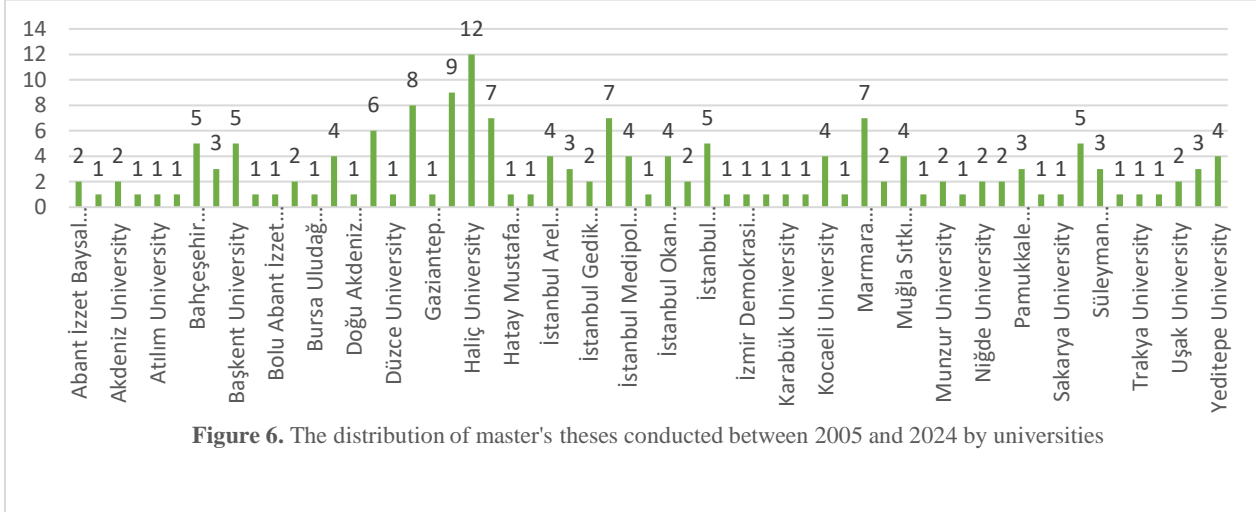


Figure 6. The distribution of master's theses conducted between 2005 and 2024 by universities

Figure 6 shows the distribution of Master's thesis studies conducted between 2005 and 2024 across universities. According to the search findings, the first Master's thesis on pilates was conducted in 2005 at Muğla University. As depicted in Figure 6, it has been determined that Haliç University had the highest number of Master's thesis studies (n=12, 7.90%).

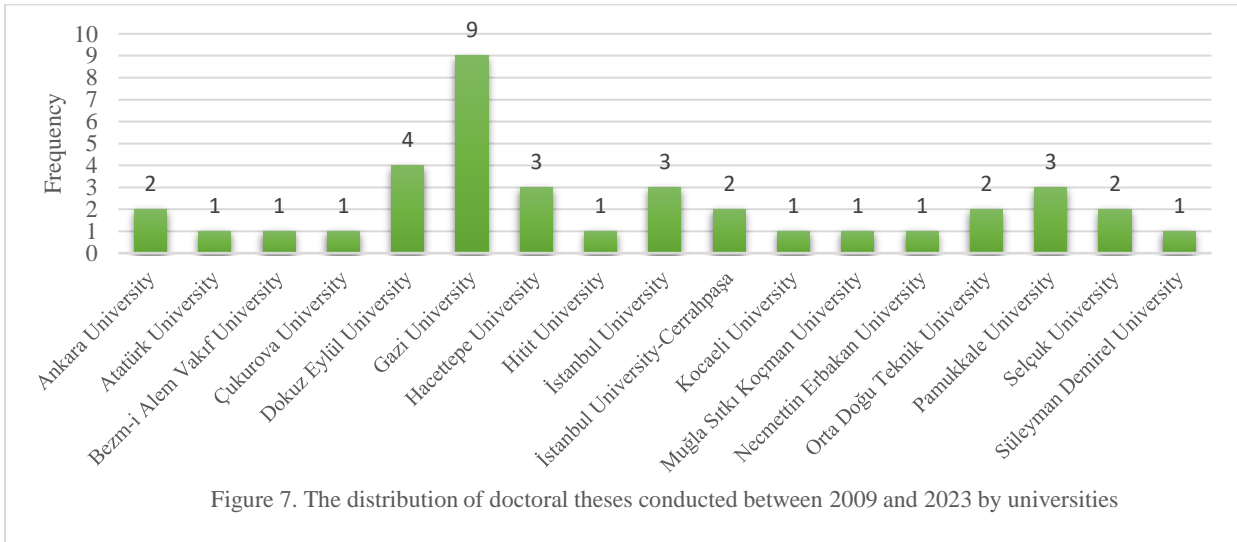


Figure 7. The distribution of doctoral theses conducted between 2009 and 2023 by universities

Figure 7 presents the distribution of doctoral thesis studies conducted in the field of Pilates between 2009 and 2023, categorized by universities and the number of theses. As shown in Figure 7, it is identified that the highest number of studies in the doctoral field were conducted at Gazi University (n=9, 23.70%) and Dokuz Eylül University (n=4, 10.50%).

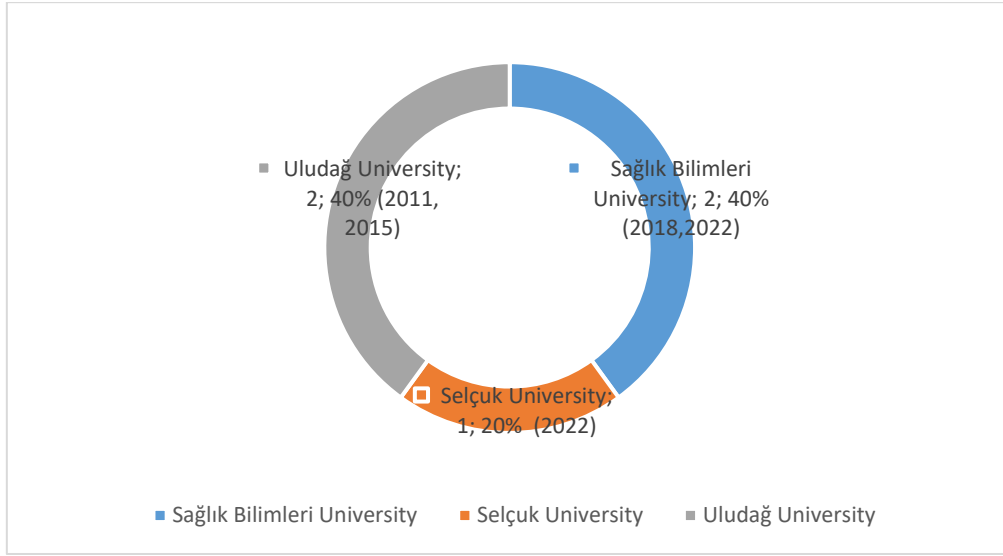


Figure 8. Distribution of studies conducted in the field of postgraduate specialization in Medicine between 2011 and 2022, categorized by universities.

Figure 8 displays the distribution of specialist medical thesis studies conducted in Pilates between 2011 and 2022, categorized by universities and the number of theses. As depicted in Figure 8, the first thesis study in specialist medical training was conducted at Uludağ University in 2011 (n=2, 40%). Health Sciences University had one thesis each in 2018 and 2022 (n=2, 40%), while Selçuk University had only one thesis (n=1, 20%).

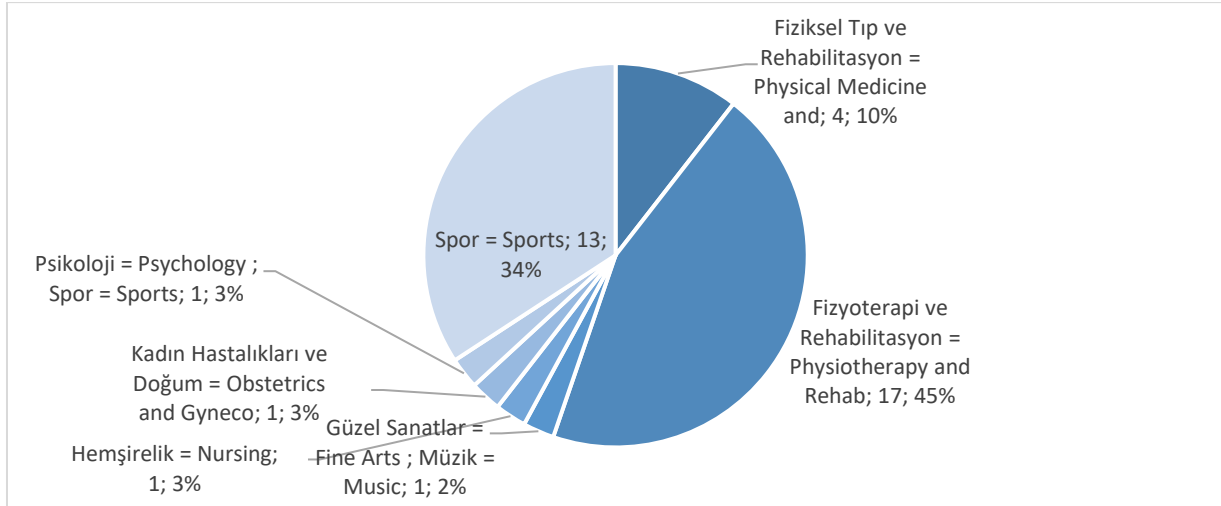


Figure 9. Distribution of doctoral dissertation topics conducted between 2005 and 2024 categorized by subjects.

Figure 9 presents the distribution of doctoral thesis studies conducted between 2005 and 2024 according to their subjects. As shown in Figure 9, doctoral studies covered the following areas: Physical Medicine and Rehabilitation (n=4, 10%), Psychology, Sports (n=1, 3%), Obstetrics and Gynecology (n=1, 3%), Nursing (n=1, 3%), Fine Arts, Music (n=1, 2%), Physiotherapy and Rehabilitation (n=17, 45%), and Sports (n=13, 34%).

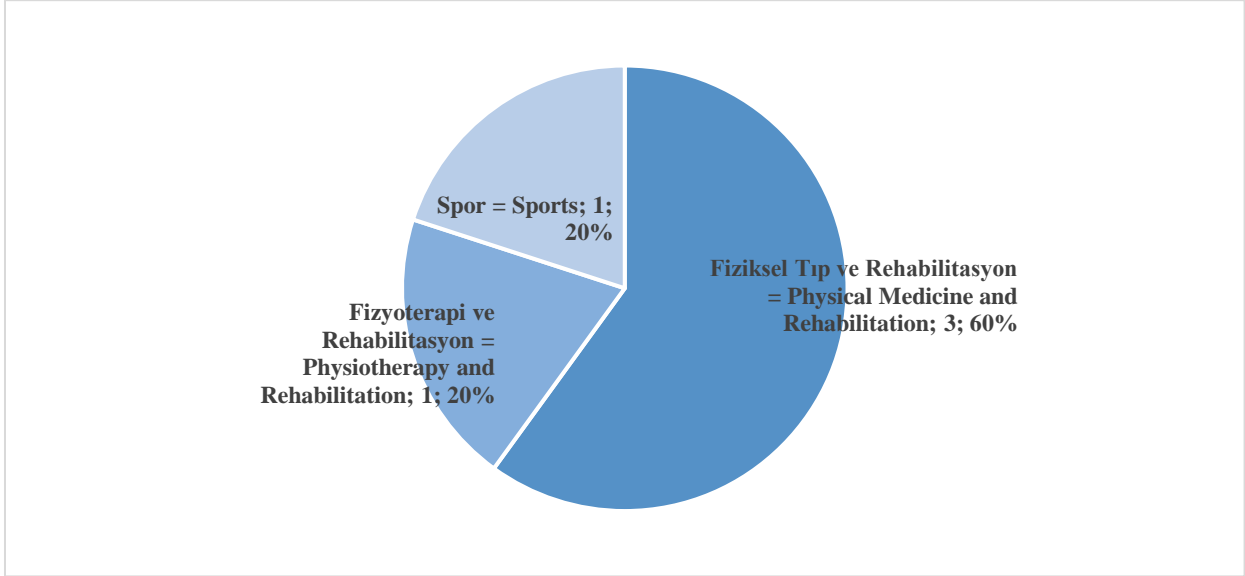


Figure 10. Distribution of specialization thesis topics in Medicine conducted between 2011 and 2022 categorized by subjects

Figure 10 displays the distribution of specialist medical thesis studies conducted between 2005 and 2024 according to their subjects. As shown in Figure 10, specialist medical studies included Physical Medicine and Rehabilitation (n=3, 60%), Physiotherapy and Rehabilitation (n=1, 20%), and Sports (n=1, 20%).

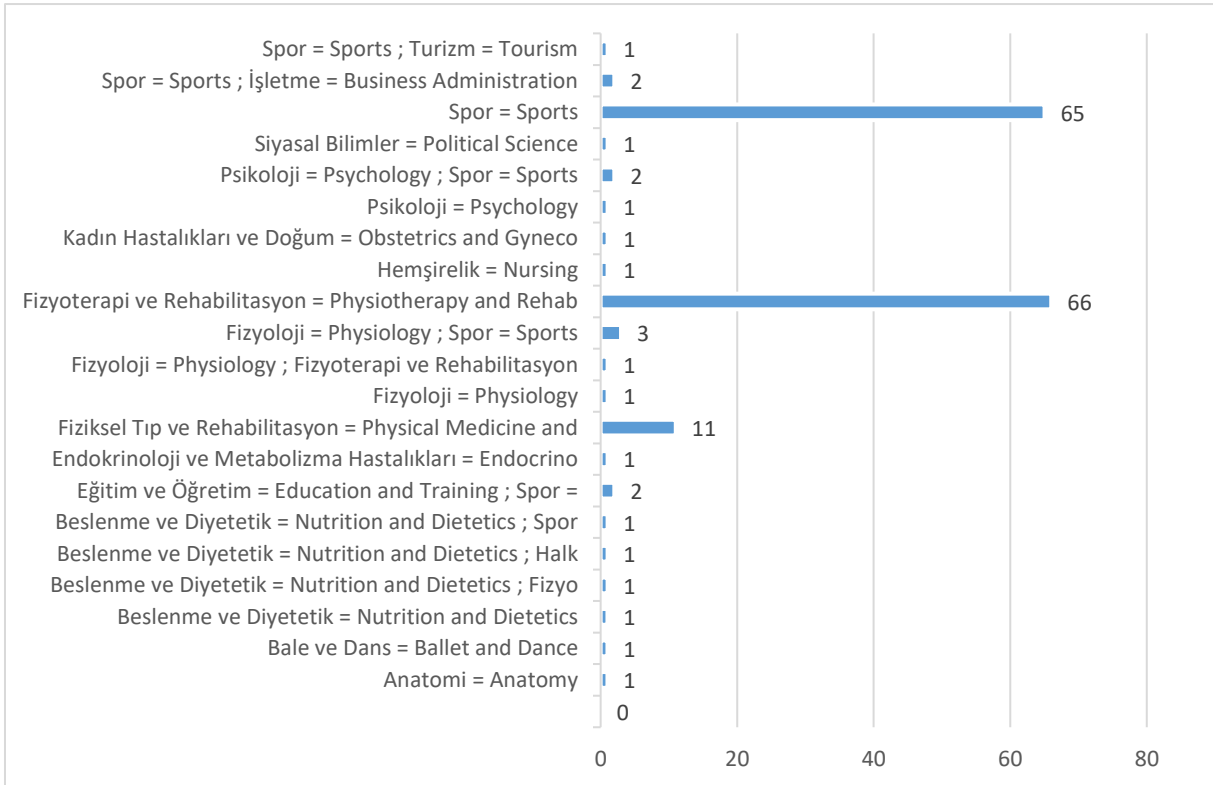


Figure 11. Distribution of master's thesis topics conducted between 2005 and 2024 categorized by subjects.

Figure 11 presents the distribution of Master's thesis studies conducted between 2005 and 2024 according to their subjects. As shown in Figure 11, Master's thesis studies included Physical Medicine and Rehabilitation (n=11, 6.70%), Physiotherapy and Rehabilitation (n=66, 40%), and Sports (n=65, 39.40%).

Table 4. Distribution of Research Methods in Graduate Theses Conducted Between 2005 and 2024

Grup	Doctorate		Specialty in Medicine	
	f	%	f	%
Qualitative Research	1	2,63		
Quantitative Research	20	52,63	1	20,00
Mixed Methods	17	44,74	4	80,00
Total	38	100	5	100

Table 4 contains information on the research methods used in postgraduate theses in Pilates between 2005 and 2024. According to the research methods employed in doctoral theses during this period, the distribution is as follows: Qualitative Research (n=1, 2.63%), Quantitative Research (n=20, 52.63%), and Mixed Methods (n=17, 44.74%). In medical speciality theses, the distribution based on research methods is Quantitative Research (n=1, 20%) and Mixed Methods (n=4, 80%).

DISCUSSION AND CONCLUSION

This study aimed to determine the general profile of postgraduate theses conducted in the field of pilates in Turkey.

A review of the literature reveals that there have been numerous scientific studies conducting a content analysis on graduate theses related to various sports disciplines such as Tennis (Coşkuntürk et al., 2023), Taekwondo (Yel et al., 2023b), Gymnastics (Yel et al., 2023a), Basketball (Ünlü et al., 2024), Volleyball (Çetinkaya, 2022), Karate (Yılmaz, 2023), Individual and Team Sports (İlbak et al., 2023), Athletics (Coşkuntürk, 2023), E-Sports (Döşyılmaz et al., 2023), Sports Clubs (Narin & Çiftçi, 2021), Sports Doping (Ömercioğlu, 2022), Physical Education and Sports Attitudes (Yapıcı & Küçük, 2024; Ünlü et al., 2023; Öner & Murathan, 2023), Social Spaces in Sports (Elmas et al., 2018), Sports Federations (Kaymakçı & Gelen, 2022), Women and Sports (Loyan & Çetinkaya, 2021), Sports Tourism (Yıldırım, 2021; İnce, 2017), and Sports Sociology and Psychology (Dertli & Belli, 2023). Recently, there has been an increase in the use of content analysis in various studies across social sciences (Cleave et al., 2017; López-Bonilla et al., 2020). However, no content analysis of graduate theses specifically focused on Pilates has been encountered.

The obtained results can be summarized as follows:

According to the study findings, it was determined that 38 theses (18.30%) were doctoral theses, 165 theses (79.30%) were Master's theses, and five theses (2.40%) were specialist medical theses (Table 1).

Based on the research results, it was found that 5 Master's theses (3.00%) were in English, two doctoral theses (5.30%) were in English, and the rest were published in Turkish (Table 2).

Between 2005 and 2024, concerning the researcher's gender, there were 33 (20%) male and 132 (80%) female researchers in Master's theses. Regarding doctoral theses, 5 (13.16%) were conducted by male researchers. In postgraduate studies conducted in the field of pilates, including Master's, doctoral, and specialist medical theses, the overall distribution based on researcher gender was 38 (86.84%) female and 6 (13.16%) male researchers (Figures 4, 5). The findings suggest that female researchers tend to show greater interest in pilates. Research

conducted by female researchers on pilates, a popular and effective exercise method, could offer them various opportunities in their academic and professional careers.

Figure 1 depicts the distribution of Master's thesis studies conducted in Pilates between 2005 and 2024, categorized by the number of theses each year. As shown in Figure 1, the highest number of Master's thesis studies, 36 (21.82%), were conducted in 2023. The years with the least number of postgraduate thesis studies were 2005, 2006, and 2001, each with 1 (0.60%), totalling 165 postgraduate thesis studies overall.

The earliest Master's thesis related to the Pilates field in Turkey can be considered to have been conducted in 2005 at Muğla University. It was determined that the first doctoral thesis was from Middle East Technical University in 2009, and the first specialist medical thesis was from Uludağ University in 2021. It was found that the highest number of theses, totalling 44, were conducted in 2023, with 36 being Master's theses and eight doctoral theses (Figures 1, 2). The fact that only 38 doctoral theses were prepared between 2009 and 2023 is noteworthy (Figure 2).

It was determined that researcher-authors predominantly preferred experimental methods in doctoral theses. It was also found that most studies in the doctoral field were conducted at Gazi University (n=9, 23.70%) and Dokuz Eylül University (n=4, 10.50%) (Figure 7). It was observed that Haliç University had the highest number of Master's thesis studies (n=12, 7.90%). This indicates that researchers at private universities prioritize research in Pilates to a greater extent.

According to other research findings, the distribution of doctoral thesis topics conducted between 2005 and 2024 shows that Physiotherapy and Rehabilitation (n=17, 45%) and Sports (n=13, 34%) are predominant. In comparison, the distribution of topics in Master's and specialist medical thesis studies indicates that Physical Medicine and Rehabilitation (n=3, 60%), Physiotherapy and Rehabilitation (n=1, 20%), and Sports (n=1, 20%) are prominent (Figure 10). In Master's thesis studies, the distribution of topics includes Physical Medicine and Rehabilitation (n=11, 6.70%), Physiotherapy and Rehabilitation (n=66, 40%), and Sports (n=65, 39.40%) (Figure 11). These results confirm that Pilates is a body and mind training system that has gained prominence in gymnasiums, physical therapy, and rehabilitation centres in recent years.

In addition to sports disciplines, studies have been found on various topics: reading skills (Akaydın & Çeçen, 2015), sports injuries (Öner, 2022), training methods (Turgut, 2023, p. 12), STEM research conducted in Turkey (Günbatır & Tabar, 2019), Primary School Teaching (Ozan & Küçüköğlü, 2013), out-of-school learning environments (Saraç, 2017), math anxiety (Toptaş & Gözel, 2018), governance in Turkey (Ökten & Akman, 2018), Erdoğan's smart cities (2020), and Turkish language textbooks (Maden, 2021).

In this context, increasing the number of doctoral theses conducted on Pilates may be recommended. The findings and conclusions of these studies are expected to guide researchers, educators, and new academics. It is advisable to pay more attention to the research methodology section of the theses and for academic advisors to monitor the process closely. Researchers and academics must be well-versed in research topics, methodologies, and data analysis techniques used in gymnastics from the past to the present in social sciences. Academics and researchers who wish to use descriptive content analysis are recommended to use theming/categorization methods suitable for qualitative analysis approaches.

Ensuring the originality of studies conducted in sports, especially Pilates, is essential. When conducting descriptive content analysis, it is emphasized that the examined studies should be analyzed in depth from various perspectives in addition to standardised analysis stages. This approach aims to differentiate from other studies on similar topics and ensure uniqueness. Researchers are encouraged to examine their data from various perspectives, allowing their

studies to bring a new perspective to the literature. This way, the scientific contributions of descriptive content analysis studies may be enhanced. Such insights will serve as guiding principles for future research endeavours.

Publication Ethics: During the preparation and writing process of this study, adherence to the "Higher Education Institutions Scientific Research and Publication Ethics Directive" was ensured, encompassing scientific, ethical, and citation rules. The collected data were not manipulated in any way, and this study has not been submitted for evaluation to any other academic publication platform

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