

Investigation of Sports Commitment Levels of Individuals Benefiting from Private Sports Facilities in Terms of Various Variables¹

Sefa YILDIZ¹, Mustafa Soner YÜCE², Kenan KOÇ³

DOI: <https://doi.org/10.38021asbid.1560488>

ORIJINAL ARTICLE

¹Provincial Directorate of Youth and Sports, Sports Facilities Unit, Sivas/Türkiye

²İstanbul Sabahattin Zaim University, Faculty of Sport Science, İstanbul/Türkiye

³Erciyes University, Faculty of Sport Science, Kayseri/Türkiye

Abstract

The aim of the study is to determine the level of sports commitment of individuals who benefit from private sports facilities in terms of various variables. A total of 137 volunteers, 39 women and 98 men, randomly selected from the customers of a private sports facility in Sivas, participated in the study. The data collection tools in the study are the 4-item "Personal Information Form" that determines the demographic information of the participants and the 3-factor and 15-item "Sports Commitment Scale" that evaluates the level of commitment to sports. Statistical analyses of the data obtained were made with SPSS 25.0 program. Candidates' personal information, inventory total scores and factor scores are given as frequency (f) and percentage (%) values. Independent T test was used for pairwise comparisons of the scores obtained from the scales, and F test was used for comparisons of three or more variables. HSD test statistics were used in pairwise comparisons where significant differences were detected. As a result of the study, no significant difference was found between the participants' level of commitment to sports and gender and duration of membership to the sports facility. Significant differences were found in terms of age and frequency of doing sports (per week). The sports commitment levels of participants in the 18-30 age group are significantly higher than those in older age groups. In addition, the increase in the frequency of doing sports (per week) causes a significant increase in all sub-factors of sports commitment (vigor, dedication and internalization).

Keywords: Sport Facility, Commitment to Sport, Vigor, Dedication, Internalization

Corresponding

Author: Kenan KOÇ
kenankoc@erciyes.edu.tr

Özel Spor Tesislerinden Yararlanan Bireylerin Spora Bağlılık Düzeylerinin Çeşitli Değişkenler Açısından İncelenmesi

Özet

Bu çalışmanın temel amacı; özel spor tesislerinden yararlanan bireylerin spora bağlılık düzeylerini çeşitli değişkenler açısından belirlemektir. Araştırmaya Sivas ilinde özel bir spor tesisinden yararlanan bireyler arasından rastgele yöntemle seçilmiş 39'u kadın 98'i erkek 137 kişi gönüllü olarak katılmıştır. Araştırmada kullanılan veri toplama araçları; katılımcıların demografik bilgilerini belirlemek amacıyla kullanılan 4 maddelik "Kişisel Bilgi Formu" ve katılımcıların spora bağlılık düzeylerinin değerlendirilmesini amaçlayan 3 faktör ve 15 maddelik "Spora Bağlılık Ölçeği" dir. Elde edilen verilerin istatistiksel analizleri SPSS 25.0 paket programı ile yapılmıştır. Adaylara ilişkin kişisel bilgiler, envanter toplam puanları ve faktör puanları frekans (f) ve yüzde (%) değerleri tespit edilerek verilmiştir. Ölçeklerden alınan puanların ikili karşılaştırılmasında bağımsız T testi kullanılırken, üç veya daha fazla değişkenin karşılaştırılmasında F testi kullanılmıştır. Analizler sonucunda anlamlı farklılık tespit edilen ikili karşılaştırmalarda da HSD test istatistiği kullanılmıştır. Çalışma sonuçlarına göre katılımcıların spora bağlılık düzeyleri ile cinsiyet ve spor tesisine üyelik süresi değişkeni bakımından anlamlı bir farklılık bulunmazken, yaş ve spor yapma sıklığı (haftada) değişkenleri açısından anlamlı farklılıklar tespit edilmiştir. 18-30 yaş grubunu oluşturan katılımcıların spora bağlılık düzeyleri üst yaş gruplarına oranla anlamlı derecede daha yüksektir. Ayrıca spor yapma sıklığının (haftada) artması spora bağlılığın tüm alt faktörlerinde (zinde olma, adanma ve içselleştirme) anlamlı düzeyde artışa neden olmaktadır.

Anahtar kelimeler: Spor Tesisi, Spora Bağlılık, Zinde Olma, Adanma, İçselleştirme

Received:
03.10.2024

Accepted:
17.12.2024

Online Publishing:
28.12.2024

¹ Notice: The abstract of this study was presented as an oral presentation at the 12th International Congress of Social, Human, Administrative and Educational Sciences in a Changing World.

Introduction

In today's world, where people's habits and lifestyles differ greatly from the past, sedentary behavior is increasingly prevalent. The lifestyle brought about by demanding work conditions and stress negatively affects individuals both physically and psychologically. The adoption of an unhealthy and sedentary lifestyle, devoid of physical activities and sports participation, presents itself as an urgent problem that societies must address (Aydınlı and Arslan, 2016). In this context, encouraging people to engage in sports is of utmost importance.

The concept of sport commitment first emerged following Thibaut and Kelley's (1959) social exchange theory, which posits that individuals continue an activity as long as conditions remain favorable (Scanlan et al., 1993). Here, sport participation is expressed as a psychological process encompassing the desire to continue participation for a specific period.

Lonsdale et al. (2007) explain commitment in three dimensions. The first is the **confidence** dimension, which refers to an individual's belief in their ability to achieve their goals. The second is the **dedication** dimension, which denotes the effort expended towards set objectives. The third is the **vigor** dimension, representing physical and psychological vitality.

Recent research findings demonstrate that participation in cultural and sporting activities has a positive effect on increasing sport commitment (Marsh et al., 2010; Smith et al., 2015). Engaging in physical activities and maintaining exercise adherence is indicative of individuals' productivity in other aspects of their lives. Moreover, people gain diverse experiences through such participation (Ateca-Amestoy, 2011). Additionally, Kavetsos (2011) mentions in his study that sport commitment is associated with high levels of happiness.

Physical activity and exercise, which are crucial for individuals to lead healthy lives, yield more positive outcomes when performed under the supervision of an expert or trainer. The main facilities providing this service in our country are the Ministry of Youth and Sports, municipalities, hotel enterprises, some public institutions, associations and private sports enterprises (Koç et al., 2024). Although there are studies in the literature on sports commitment for athletes or students in a specific sport branch, there are relatively fewer studies in the sample of sports business customers. Many private sports facilities offer this service. In this context, the primary objective of this study is to determine the levels of sport commitment among individuals utilizing private sports facilities, considering various variables. It is estimated that this study in this sense will be a guide especially for sports facility operators.

Materials And Methods

Research Design

This study employed a descriptive survey model, one of the scientific research methods. This model is used in research conducted on specific groups, aiming to determine participants' thoughts on a phenomenon or situation and to describe the said phenomenon or situation (Karakaya, 2012). The research is descriptive in nature as it aims to assess the sport commitment levels of individuals utilizing private sports facilities.

Research Group

The population of the study consists of approximately 400 individuals who receive service from a private sports facility in Sivas province. The sample group consists of 137 volunteer participants randomly selected among the individuals who regularly go to this sports facility at least once a week. In this method, a random selection is made from the universe whose boundaries are determined and each individual is given an equal chance (Ural, 2011). In a population of 10,000 people, the sampling frequency should be at least 370 people and above with a sampling error margin of ± 0.05 (Yazıcıoğlu and Erdoğan, 2004; Karagöz 2016). Therefore, we can say that the sample group of 137 people included in the study from a population of approximately 400 people has a very high level of representativeness.

Data Collection Tools

The data collection instruments used in the study included a 4-item "Personal Information Form" designed to ascertain participants' socio-demographic information, and the "Sport Commitment Scale" used to determine participants' commitment to sports.

Personal Information Form

The personal information form, prepared by the researchers, consisted of 4 questions aimed at obtaining information about participants' gender, age, frequency of sport participation (per week), and duration of membership at the sports facility.

Sport Commitment Scale

The "Sport Commitment Scale" is an adaptation of The Utrecht Work Engagement Scale (UWES) developed by Schaufeli and Bakker (2003). It was adapted for athletes from the Spanish version by Guillen and Martinez-Alvarado (2014) and translated into Turkish by Sırgancı, Ilgar, and Cihan (2019). The scale comprises 3 sub-dimensions: vigor, dedication, and internalization, with a total of 15 items. It employs a 5-point Likert-type scale where (1) represents "Almost never" and (5) represents "Almost always". The Cronbach Alpha value of the scale is reliable as (0.79) for "vigor", (0.80) for "dedication", (0.82) for "internalization" and (0.91) for the whole scale.

Data Collection

The scales used in the study were administered online via Google Forms to individuals receiving services from private sports facilities in Sivas province during February and March 2024. During the implementation, the participants were given necessary explanations about the study.

Data Analysis

Personal information, total inventory scores, and factor scores of the participants were presented using frequency (f) and percentage (%) values. Skewness and kurtosis values were examined to determine the normality distribution of the data obtained from the scales. As the identified values fell within the +/-2 range, the data were considered to have a normal distribution according to Cooper-Cutting (2010), and parametric tests were utilized in the analyses. Independent T-test was used for binary comparisons of scale scores, while F-test was employed for comparing three or more variables. HSD test statistic was used in binary comparisons where significant differences were identified through the analyses.

Ethical Statement

Prior to commencing the study, necessary permissions were obtained from the Erciyes University Social and Human Sciences Ethics Committee in 30 January 2024.

Findings

Table 1
Socio-Demographic Characteristics of Participants

	Variables	N	%
Gender	Male	98	71.5
	Female	39	28.5
Age	18-30	64	46.7
	31-45	61	44.5
	46 and above	12	8.8
Frequency of Sport Participation (Weekly)	1-2 day	23	16.8
	3-4 day	68	49.6
	More than 5 days	46	33.6
Duration of Sports Facility Membership	Less than 1 year	34	24.8
	1-2 year	46	33.6
	3-4 year	20	14.6
	5 years and above	37	27.0
TOTAL		137	%100

An examination of Table 1 reveals that a total of 137 participants were included in the study. According to the demographic data, when considering the highest values, it is observed that 71.5% of the participants were male, 46.7% were in the 18-30 age range, 49.6% were in the group participating in sports 3-4 days per week, and 33.6% were in the group with 1-2 years of sports facility membership. These findings provide a comprehensive overview of the socio-demographic

characteristics of the study participants, highlighting the predominant attributes within each variable category.

Table 2
Descriptive Statistics of Participants' Sport Commitment Scale Scores

Variable	N	Min.	Max.	M±Sd	Skewness	Kurtosis
Vigor	137	1.20	5,00	4.15±0.84	-1,09	1,10
Dedication	137	1.20	5,00	4.25±0.85		
Internalization	137	1.00	5,00	4.11±0.88		
Sport Commitment Total	137	1.20	5,00	4.17 ±0.83		

Upon examination of Table 2, the arithmetic mean and standard deviation for the vigor sub-dimension were calculated as 4.15±0.84, for the dedication sub-dimension as 4.25±0.85, and for the internalization sub-dimension as 4.11±0.88. The overall arithmetic mean and standard deviation of the sport commitment scale were determined to be 4.17±0.83. Furthermore, in the normality distribution analysis of the overall scale, the skewness value was identified as -1.09, and the kurtosis value as 1.10. These results provide a comprehensive overview of the central tendencies and dispersion of the sport commitment scores across the various sub-dimensions and the scale as a whole, while also confirming the normal distribution of the data through the skewness and kurtosis values.

Table 3
Examination of Participants' Sport Commitment Scale Scores in Terms of Gender Variable

Variable	Gender	N	M	Sd	t	P
Vigor	Female	39	4.13	0.77	-0,768	,414
	Male	98	4.25	0.90		
Dedication	Female	39	4.17	0.79	1,719	,251
	Male	98	4.35	0.88		
Internalization	Female	39	4.14	0.86	-0,746	,693
	Male	98	4.21	0.90		
Sport Commitment Total	Female	39	4.07	0.77	-1,107	,417
	Male	98	4.22	0.85		

Upon examination of Table 3, no statistically significant differences were found between genders in any of the scale sub-dimensions or total scale scores for sport commitment (p>0.05).

Table 4
Examination of Participants' Sport Commitment Scale Scores in Terms of Age Variable

Variable	Age	N	M	Sd	F	P	HSD
Vigor	18-30 years ^a	64	4.48	0.81	2.134	,001	a>c a>b
	31-45 years ^b	61	4.07	0.87			
	46 years and above ^c	12	3.60	0.92			
Dedication	18-30 years ^a	64	4.56	0.79	2.134	,001	a>c a>b
	31-45 years ^b	61	4.15	0.90			
	46 years and above ^c	12	3.73	0.98			
Internalization	18-30 years ^a	64	4.22	0.85	2.134	,000	a>c a>b
	31-45 years ^b	61	4.01	0.89			

	46 years and above ^c	12	3.56	0.98			
Sport Commitment Total	18-30 years ^a	64	4.27	0.78			
	31-45 years ^b	61	4.07	0.86	2.134	,000	a>c a>b
	46 years and above ^c	12	3.63	0.91			

Analysis of Table 4 reveals significant differences across all dimensions of sport commitment with respect to age. In the vigor sub-dimension, significant differences were found between the 18-30 age group and both the 31-45 and 46 years and above age groups. Similar patterns were observed in the dedication and internalization sub-dimensions, with the 18-30 age group showing significantly higher scores compared to the other two age groups. Regarding the overall sport commitment scale score, significant differences were identified between the 18-30 age group and both the 31-45 and 46 years and above age groups ($p<0.05$). These findings consistently indicate higher levels of sport commitment among younger participants across all dimensions of the scale.

Table 5

Analysis of Participants' Sport Commitment Scale Scores in Terms of Sport Participation Frequency (per week)

Variable	Sport Participation Frequency	N	M	Sd	F	P	HSD
Vigor	1-2 day ^a	23	3.53	0.87			a<b
	3-4 day ^b	68	4.23	0.71	2.134	,000	a<c
	More than 5 days ^c	46	4.53	0.86			
Dedication	1-2 day ^a	23	3.60	0.92			a<b
	3-4 day ^b	68	4.36	0.71	2.134	,000	a<c
	More than 5 days ^c	46	4.57	0.84			
Internalization	1-2 day ^a	23	3.56	0.95			a<b
	3-4 day ^b	68	4.22	0.73	2.134	,000	a<c
	More than 5 days ^c	46	4.46	0.92			
Sport Commitment Total	1-2 day ^a	23	3.57	0.88			
	3-4 day ^b	68	4.27	0.67	2.134	,000	a<b
	More than 5 days ^c	46	4.52	0.86			

Upon examination of Table 5, significant differences were observed in the vigor subdimension between participants engaging in sports 1-2 days per week and those participating 3-4 days and 5 days or more per week. Similarly, in the dedication subdimension, statistically significant differences were detected between the 1-2 day group and both the 3-4 day and 5 days or more groups. The absorption subdimension also revealed significant differences between the 1-2 day group and both the 3-4 day and 5 days or more groups. Regarding the overall sport commitment scale score, a significant difference was identified between participants engaging in sports 1-2 days per week and those participating 3-4 days per week ($p<0.05$).

Table 6

Analysis of Participants' Sport Commitment Scale Scores in Terms of Duration of Sports Facility Membership (in years)

Variable	Membership Duration	N	X	Ss	F	P	HSD
Vigor	Less than 1 year ^a	34	3.95	1.03	3.133	,146	-
	1-2 year ^b	46	4.24	0.70			
	3-4 year ^c	20	4.47	0.70			
	5 years and above ^d	37	4.31	0.87			
Dedication	Less than 1 year ^a	34	3.98	1.04	3.133	,077	-
	1-2 year ^b	46	4.41	0.68			
	3-4 year ^c	20	4.50	0.71			
	5 years and above ^d	37	4.37	0.87			
Internalization	Less than 1 year ^a	34	3.98	1.02	3.133	,166	-
	1-2 year ^b	46	4.25	0.76			
	3-4 year ^c	20	4.36	0.84			
	5 years and above ^d	37	4.22	0.92			
Sport Commitment Total	Less than 1 year ^a	34	3.97	1.00	3.133	,145	-
	1-2 year ^b	46	4.30	0.68			
	3-4 year ^c	20	4.44	0.73			
	5 years and above ^d	37	4.24	0.87			

Upon examination of Table 6, no statistically significant differences were observed in any of the subdimensions or total scale scores of sport commitment with respect to the duration of sports facility membership (in years) ($p>0.05$).

Discussion

This study examined the sport commitment levels of individuals utilizing private sports facilities in Sivas province across various variables. The results obtained from the data analysis are discussed in this section in comparison with similar studies.

Regarding the gender variable, the analysis revealed no significant differences in sport commitment levels across any subdimensions or the overall scale for individuals using private sports facilities (Table 3). A study conducted on skiers also found no significant difference in sport commitment with respect to gender (Fawver et al., 2020). Other studies in the literature have similarly reported no statistically significant differences in athletes' sport commitment levels based on gender (Kangotan, 2020; Albay et al., 2022). However, a different study measuring sport commitment levels among football players indicated that female players exhibited higher sport commitment compared to their male counterparts (Kelecek & Göktürk, 2017). While research results show similarities in terms of gender, it is evident that there are also differing findings. There may be a different situation in branches where the concept of gender is more prominent (wrestling, motor sports, American football). However, gender does not come to the forefront in the commitment of individuals to sports in sports facilities where men and women can train together, which are mostly visited for a healthy life and to have a fit body. One of the reasons for this situation may be that in recent years, women also attach importance to sports in order to get rid of work stress and look better.

In terms of the age variable, the analysis revealed significant differences in sport commitment levels across all subdimensions and the overall scale for individuals using private sports facilities

(Table 4). A study in the literature examining sport commitment levels of individuals involved in team sports found that the 17-22 age group had significantly higher sport commitment levels compared to other age groups (Altun, 2022). In Koç and Koç's (2023) study on music and sport commitment, a significant difference was found in the vigor subdimension of sport commitment with respect to age, while no significant differences were observed in other subdimensions. These findings from the literature support the results of the present study. It is thought that the reason why younger individuals have higher levels of commitment to sports compared to older individuals is the more time that can be allocated to sports, the ability to be rewarded for the effort given to sports thanks to their metabolism and future goals.

Regarding the frequency of sports participation (per week) variable, the analysis showed significant differences in sport commitment levels across all subdimensions and the overall scale for individuals using private sports facilities (Table 5). Another study investigating sport commitment among university students also found a direct relationship between weekly training frequency and sport commitment level (Tezcan et al., 2023). Similarly, Yerlikaya (2019) observed a significant relationship between cycling frequency and sport commitment level in a study focused on cyclists. In his study on swimming athletes, Ekizoğlu (2023) determined that the frequency of practicing sports decreased sports commitment, but participation in competitions increased commitment. The studies of Weiss and Weiss (2006) and Wilson et al. (2004) on competitive athletes also support this situation. It is thought that the different results of the studies in the literature and this study are due to the sample groups. In fact, it is seen in the studies conducted in the field that the levels of sports commitment of sedentary or moderate exercisers and competitive athletes differ.

Concerning the duration of sports facility membership (in years) variable, the analysis revealed no significant differences in sport commitment levels across any subdimensions or the overall scale for individuals using private sports facilities (Table 6). A study on orienteering athletes showed that participants' sport commitment levels in the vigor subdimension significantly increased with the duration of sports participation (Peke, 2020). Similarly, another study found that individuals with 6 or more years of sports experience had significantly higher sport commitment compared to groups with less sports experience (Uzgun et al., 2021). The research results do not coincide in this respect.

Conclusion

When evaluating the sport commitment levels of individuals utilizing private sports facilities within the framework of the research results, it is observed that participants' sport commitment levels are generally high, with the highest mean scores in the dedication subdimension. While no significant difference was found in sport commitment levels based on gender, relatively minor differences were detected in relation to the duration of sports facility membership. However, the sport commitment

levels of individuals using sports facilities significantly differed according to age and frequency of sports participation variables. The mean scores of the young group comprising 18-30 year-olds were significantly higher compared to individuals in other age groups. Furthermore, as the frequency of sports participation increased among individuals utilizing sports facilities, their sport commitment levels also increased significantly.

In light of our study's findings, the following recommendations are proposed for the field:

- To increase sports participation and commitment, emphasis could be placed on initiatives that encourage individuals. Participation from all age groups could be facilitated by expanding the existing sports options in facilities and reducing potential barriers.
- The results of the research show that the frequency of practicing sports increases sports loyalty. Based on this result, for-profit sports facility operators can increase loyalty by motivating their customers with progress reports, small rewards, mobile applications and program reminders.
- The concept of sport commitment could be examined in relation to different variables, and factors influencing commitment could be investigated.
- A comparative analysis can be made with a similar research on individuals benefiting from public sports facilities.

Ethics Committee Permission Information

Ethical evaluation board: Erciyes University Social and Human Sciences Ethics Committee

Date of the ethical assessment document: 30.01.2024

Issue number of the ethics evaluation document: 44

Conflict of interest

The authors declare no conflict of interest.

Statement of Support and Acknowledgment

All authors contributed equally to the writing of this article

References

- Albay, F., Çebi, A. İ., & Veysel, G. (2022). Spora bağlılığın üniversite öğrencilerinde etkileri. *ROL Spor Bilimleri Dergisi*, 3(1), 91-98. <https://doi.org/10.29228/roljournal.57582>.
- Altun, B. (2022). *Takım sporcularının iletişim becerileri ve spora bağlılık düzeylerinin incelenmesi (Kocaeli ili örneği)*. Ardahan Üniversitesi, Sosyal Bilimler Enstitüsü, Yüksek Lisans Tezi, Ardahan.
- Ateca-Amestoy, V. (2011). *Leisure and subjective well-being*. In Cameron, Cheltenham: Edward Elgar. S. (ed.) *Handbook on the economics of leisure* (pp. 52–76). <https://doi.org/10.4337/9780857930569.00010>

- Aydınlı, C., & Arslan, S. (2016). Hizmet kalite boyutlarının memnuniyete etkisi. *İşletme Araştırmaları Dergisi*, 8(2), 175-197. <https://doi.org/10.20491/isarder.2016.175>
- Ekizoğlu, Ö. (2023). Açık su yüzme sporcularının spora bağlılıklarının yaşam doyumuna etkisi. *Spor Eğitim Dergisi*, 7(1), 68-76. <https://doi.org/10.55238/seder.1260479>
- Fawver, B., Cowan, R. L., DeCouto, B. S., Lohse, K. R., Podlog, L., & Williams, A. M. (2020). Psychological characteristics, sport engagement, and performance in alpine skiers. *Psychology of Sport and Exercise*, 47. <https://doi.org/10.1016/j.psychsport.2019.101616>.
- Guillen, F., & Martinez-Alvarado, J. R. (2014). The sport engagement scale: An adaptation of the utrecht work engagement scale (UWES) for the sports environment. *Universitas Psychologica*, 13(3), 975-984.
- Kangotan, S. (2020). *Dövüş sporcularının mükemmeliyetçilik ve spora bağlılık düzeylerinin incelenmesi*. Başkent Üniversitesi, Lisansüstü Eğitim Enstitüsü, Yüksek Lisans Tezi, İstanbul.
- Karagöz Y. (2016). *SPSS ve AMOS 23 uygulamalı istatistiksel analizler*. Nobel Akademik Yayıncılık, İstanbul.
- Karakaya, İ. (2012). Bilimsel Araştırma Yöntemleri. İçinde A. Tanrıoğen (Eds), *Bilimsel araştırma yöntemleri* (ss.59), Ankara, Anı.
- Kavetsos, G. (2011). Physical activity and subjective well-being: An empirical analysis. The economics of sport, health and happiness: The promotion of well-being through sporting activities, 213. <https://doi.org/10.4337/9780857930149.00016>
- Koç, H., & Koç, Ö. (2023). Sportif uygulamalarda müzik ve spora bağlılık: Spor merkezi üyeleri üzerine bir araştırma. *Ulusal Spor Bilimleri Dergisi*, 7(2), 65-81 <https://doi.org/10.30769/usbd.1340827>
- Koç, K., Yıldız, S., & Yüce, M. S. (2024). Spor tesislerinden yararlanan bireylerin hizmet kalitesi algılarına yönelik bir araştırma. *Sivas Cumhuriyet Üniversitesi Spor Bilimleri Dergisi*, 5(1), 44-51. <https://doi.org/10.26745/ahbvuibfd.1433063>
- Lonsdale, C., Hodge, K., & Jackson, S. A. (2007). Athlete engagement: II. Development and initial validation of the athlete engagement questionnaire. *Int J Sport Psychol.*, 38, 471-492. <https://doi.org/10.1037/t50268-000>
- Marsh, K., Mackay, S., Morton, D., Parry, W., Bertranou, E., Lewsie, J., Sarmah, R., & Dolan P. (2010). *CASE: Understanding the drivers, impact and value of engagement in culture and sport*. Department for Culture, Media and Sport. London.
- Peke, K. (2020). *Oryantiring katılımcılarının spora bağlılıkları ve zihinsel dayanıklılıklarının incelenmesi*. İstanbul Gelişim Üniversitesi, Lisansüstü Eğitim Enstitüsü, Yüksek Lisans Tezi, İstanbul.
- Scanlan, T. K., & Carpenter, P. J. (1993) An introduction to the sport commitment model. *Journal of Sport & Exercise Psychology*, 1993, 1-15. <https://doi.org/10.1123/jsep.15.1.1>
- Schaufeli, W.B., & Bakker, A.B. (2003). *Utrecht work engagement scale. Preliminary manual*. The Netherlands: Utrecht University. <https://doi.org/10.1037/t76451-000>
- Sırgancı, G., Ilgar, E. A., & Cihan, B. B. (2019). Spora bağlılık ölçeğinin geçerlik ve güvenilirlik çalışması. *Gençlik Araştırmaları Dergisi*, 7(17), 5-19.
- Smith, M., Berdel, D., Nowak, D., Heinrich, J., & Schulz H. (2015). Sport engagement by accelerometry under field conditions in German adolescents: Results from GINI Plus. *Plos One*, 10(8), 1-15. <https://doi.org/10.1371/journal.pone.0135630>
- Tezcan, E., Somoğlu, M. B., & Taşkın, S. (2023). Üniversite öğrencilerinin spora bağlılıklarının başarı motivasyonuna olan etkisi. *İğdir Üniversitesi Spor Bilimleri Dergisi*, 6(1), 77-86. <https://doi.org/10.48133/igdirsd.1311666>
- Ural, A., & Kılıç, İ., (2011) *Bilimsel araştırma süreci ve SPSS ile veri analizi*. Detay Yayıncılık, Ankara.
- Uzgun, K. Pekel, H. A., & Aydos, L. (2021). Rekreatif koşucuların spora bağlılık düzeylerinin incelenmesi. *Aksaray Üniversitesi Spor ve Sağlık Araştırmaları Dergisi*, 2(1), 62-82.
- Weiss, W. M., & Weiss, M. R. (2006). A longitudinal analysis of commitment among competitive female gymnasts. *Psychology of Sport and Exercise* 7(3). <https://doi.org/10.1016/j.psychsport.2005.08.010>
- Wilson, P. M., Rodgers, W. M., Carpenter, P. J., Hall, C. Hardy, J., & Fraser, S. N. (2004). The relationship between commitment and exercise behavior. *Psychology of Sport and Exercise* 5(4). [https://doi.org/10.1016/S1469-0292\(03\)00035-9](https://doi.org/10.1016/S1469-0292(03)00035-9).

Yazıcıoğlu, Y., & Erdoğan, S. (2024). *SPSS uygulamalı bilimsel araştırma yöntemleri*. Detay Yayıncılık, Ankara.

Yerlikaya, G. (2019). *Bisikletçilerin sporcu bağlılıklarının incelenmesi*. Bolu Abant İzzet Baysal Üniversitesi, Sosyal Bilimler Enstitüsü, Yüksek Lisans Tezi, Bolu.



This paper by Mediterranean Journal of Sport Science is licensed under [CC BY-NC 4.0](https://creativecommons.org/licenses/by-nc/4.0/)