




The Intersection of Recreational Benefits and Sport Well-Being in Fitness Participation: A Relational Analysis

Fitness Katılımında Rekreasyonel Faydalar ve Spor İyi Oluş Kesişimi: İlişkisel Bir Analiz

Research Article / Araştırma Makalesi

 Kezban ŞAHİN¹
 Beyza Merve AĞÜL¹
 Ecem TÜRKMEN¹

¹ Gazi University, Faculty of Sport Sciences,
Department of Recreation, Ankara, Türkiye

Corresponding Author / Sorumlu Yazar
Kezban ŞAHİN
kezbanahin4@gmail.com

Received / Geliş Tarihi : 15.05.2025
Accepted / Kabul Tarihi : 09.09.2025
Published / Yayın Tarihi : 26.09.2025

Ethical Statement / Etik Bilgilendirme
The study was approved by the Ethics
Committee of Gazi University on
25.03.2025, with decision number
1209342.

DOI: 10.53434/gbesbd.1700039

Abstract

The aim of this study was to examine the relationship between the recreational benefits of fitness participation and individuals' levels of sport well-being. The study was conducted with 500 volunteer participants (263 women and 237 men) who were engaged in fitness activities at private fitness centers in Ankara. A relational survey model, one of the quantitative research methods, was employed. Data were collected using the Recreation Benefit Scale (RBS) developed by Ho (2008) and validated by Akgül et al. (2018), and the Recreational Sport Well-Being Scale (RSWBS) developed by Pi, et al. (2022) and adapted into Turkish by Koç (2022). In addition to descriptive statistics, Pearson correlation analysis was used to examine the relationships between the scales. Furthermore, independent samples t-tests and one-way analysis of variance (ANOVA) were conducted to identify differences between groups based on demographic variables. The findings revealed a positive and significant correlation between the RBS and the RSWBS. Moreover, male participants reported significantly higher scores in perceived physical and psychological benefits compared to female participants. Significant increases were also observed in recreational benefits and well-being levels in relation to age and duration of fitness participation. In conclusion, it was determined that participation in fitness activities positively contributed to individuals' sport well-being by enhancing their perceptions of physical, psychological, and social benefits.

Keywords: Leisure benefits, Sport well-being, Fitness participants

Öz

Bu araştırmanın amacı, fitness katılımının rekreasyonel faydaları ile bireylerin spor iyi oluş düzeyleri arasındaki ilişkiyi incelemektir. Çalışma, Ankara ilindeki özel fitness merkezlerinde fitness yapan 500 gönüllü birey (263 kadın, 237 erkek) ile gerçekleştirilmiştir. Nicel araştırma yöntemlerinden ilişkisel tarama modeli kullanılmıştır. Veriler, Ho (2008) tarafından geliştirilen ve Akgül vd. (2018) tarafından geçerlilik-güvenirliliği sağlanan Rekreasyon Fayda Ölçeği (RFÖ) ile Pi ve diğerleri (2022) tarafından geliştirilen ve Koç (2022) tarafından Türkçeye uyarlanan Rekreasyonel Spor İyi Oluş Ölçeği (RSİÖÖ) aracılığıyla toplanmıştır. Verilerin analizinde betimsel istatistiklerin yanı sıra, ölçekler arası ilişkileri belirlemek amacıyla Pearson korelasyon analizi, demografik değişkenlere göre gruplararası farkları belirlemek için bağımsız örneklem t-testi ve tek yönlü varyans analizi (ANOVA) uygulanmıştır. Bulgular, RFÖ ile RSİÖÖ arasında pozitif ve anlamlı bir ilişki olduğunu göstermiştir. Ayrıca erkek bireylerin fiziksel ve psikolojik fayda algılarında kadınlara kıyasla daha yüksek skorlar elde ettiği, yaş ve fitness yapma süresi arttıkça rekreasyonel fayda ve iyi oluş düzeylerinde anlamlı artışlar gözlemlendiği belirlenmiştir. Sonuç olarak, fitness katılımının bireylerin fiziksel, psikolojik ve sosyal fayda algılarını geliştirerek spor iyi oluş düzeylerini olumlu yönde etkilediği tespit edilmiştir.

Anahtar Kelimeler: Rekreasyon fayda, Spor iyi oluş, Fitness katılımcıları

Introduction

In contemporary society, in response to the increasing physical activity demands of individuals, a variety of sports facilities are becoming widespread in both indoor and outdoor settings (Güdül & Ocak, 2022). Sports and fitness centers have become a significant part of the service sector, experiencing rapid growth in Turkey and globally (Tel et al., 2019). The activities provided in these facilities encompass physical exercises that individuals participate in, enjoy, and benefit from in numerous ways. With the effects of industrialization and urbanization, individuals are increasingly adopting more sedentary lifestyles, which further amplifies the need for physical activity (Kaya, 2019).

Recreation refers to a range of activities that individuals engage in voluntarily during their free time, with the aim of personal development and self-improvement (Karaküçük & Akgül, 2016). The impacts of recreational activities are commonly examined across physical, psychological, and social dimensions. The literature frequently highlights their significant contributions to life satisfaction and subjective well-being (Sirgy et al., 2017; Güzel, 2021). Regular physical activities such as fitness have been found to positively influence both physiological health and mental well-being (ACSM, 2024; Türksoy et al., 2011). Physical benefits include maintaining physical appearance, gaining energy, enhancing skills required for various activities, achieving regular rest, relieving fatigue, and the release of extra energy (Chen, 2001). Psychological benefits are associated with escaping life pressures, experiencing emotional relaxation, engaging in creative thinking, achieving mental and physical calmness, and deriving enjoyment from life (Chen, 2001). Through recreational activity experiences, individuals can develop a sense of freedom and benefit from expressing themselves and their emotions (Serçek & Özaltaş Serçek, 2015). Social benefits encompass forming new friendships and relationships, understanding others' emotions, and gaining the trust of others (Chen, 2001). Group-based recreational activities also create environments that fulfill social needs, leading to increased feelings of satisfaction among participants (Okuyucu & Ramazanoğlu, 2006).

Fitness participation is not only limited to physical development; it also enhances the individual's endurance and provides psychological benefits (Özkan, 2013). The positive effects of recreational sports activities also manifest in areas such as decreased stress, strengthened social relations, and increased life satisfaction (Kürkcü Akgönül et al., 2023). For example, a study conducted with parents participating in baby gym practices in Ankara revealed that psychological leisure benefits are more dominant than social and physical benefits (Ayyıldız & Karaküçük, 2017). It has also been observed that short-term recreation programs reduce negative mood and improve positive emotional components and physiological indicators (Bielinis et al., 2019). Since the 1960s, there has been

considerable debate surrounding the definition of "well-being" (Ryan & Deci, 2001). The concept of well-being refers to an individual's overall quality of life and does not merely indicate the absence of illness but also encompasses positive experiences across various aspects of life (Göcen, 2012). Well-being has been defined as "optimal psychological functioning and experience" (Ryan & Deci, 2001). Understanding that well-being can be maintained in diverse ways has led to the development of multidimensional approaches to the study of well-being (Coffey et al., 2014).

Psychological well-being is closely linked to individuals' capacity to cope with life's challenges, set meaningful life goals, and build sustainable social relationships (Keyes et al., 2002). Physical well-being refers to the degree to which an individual is capable of building and maintaining physical health (Inoue et al., 2015). Butler and Kern (2016) conceptualize physical health as a person's self-perception of their physical condition and the satisfaction they derive from their overall physical state. It is appropriate to equate physical health with physical well-being (Kumai, 2024), as it is significantly associated with the five elements of well-being proposed by Seligman (2011): positive emotion, engagement, relationships, meaning, and accomplishment (Butler & Kern, 2016). Within this framework, well-being—defined as a multidimensional construct encompassing emotional, mental, and physical health—is regarded as a fundamental component of quality of life (Aldridge & McChesney, 2018).

Recreational sport well-being refers to the physical, psychological, social, and emotional well-being that individuals attain through voluntary participation in sport-based recreational activities during their leisure time. This concept represents a sport-oriented extension of the subjective well-being model and supports individuals in enhancing both physical and mental health, strengthening social bonds, and experiencing positive emotions (Pi et al., 2022). Recreational sport well-being is examined through four sub-dimensions: physical and mental health, life satisfaction, development of family relationships, and positive emotions. The "physical and mental health" component encompasses benefits such as the alleviation of physical pain, reduction of obesity, prevention of osteoporosis, and improvement in sleep quality through fitness activities. Particularly, physical exercises like fitness, which are widely practiced, play a crucial role in bone development and preservation. Appropriate weight-bearing and resistance exercises can increase muscular strength and reduce bone mineral loss (Henwood, 2006).

The "life satisfaction" component refers to the reduction of daily life stress through exercise and contributes to experiencing life in a more energetic and fulfilling way. During exercise, individuals must focus on their bodily movements and breathing, which reduces physical manifestations of stress and

fosters an effective mechanism for coping with tension (Shephard, 1997).

The “development of family relationships” dimension reflects the positive effects of exercise on family bonding. Engaging in enjoyable physical activities together strengthens family unity and enhances the quality of familial relationships (Chen & Chen, 2010). The “positive emotions” dimension refers to the potential of physical activity to generate happiness. During exercise, certain chemicals released by the brain help individuals feel mentally better and emotionally uplifted (Huang et al., 2017). In summary, the concept of recreational sport well-being reflects a multidimensional process of well-being that promotes not only physical gains through sport but also psychosocial integrity (Koç, 2022).

This study is grounded in Martin Seligman’s Positive Psychology Approach, aiming to explore the relationship between fitness participants’ perceptions of leisure benefits and their levels of sport well-being. The PERMA model, developed by Seligman (2011), consists of five core components: Positive Emotion, Engagement, Positive Relationships, Meaning, and Accomplishment. Firstly, positive emotions not only enhance one’s overall well-being but also contribute positively to physical health, the quality of social relationships, psychological resilience, and life satisfaction (Cohn & Fredrickson, 2009). Engagement, in this context, refers to the emotional attachment an individual forms with a person, object, or activity. Active involvement in a particular activity and developing an interest in it are considered integral aspects of engagement (Khaw & Kern, 2015). Positive relationships constitute another fundamental element in the model. This component emphasizes the importance of utilizing social support systems when coping with life’s challenges (Butler & Kern, 2016). The meaning dimension relates to the individual’s pursuit of a purposeful and valuable life direction. This can manifest through involvement in volunteer activities or efforts directed toward a cause greater than oneself (Kun et al., 2017). Finally, the accomplishment component is defined by achieving goals and experiencing positive outcomes throughout that process. The accomplishments attained by the individual are not only acknowledged by others but also foster a sense of personal competence and inner satisfaction (Khaw & Kern, 2015). This model offers a comprehensive framework for understanding overall well-being in individuals’ lives through participation in sport and recreational activities (Seligman, 2011, Seligman, 2018).

Research has shown that fitness practices positively affect a wide range of well-being indicators, including coping with stress (Ersöz et al., 2023), life satisfaction (Yıldız, 2025), social support (Chen & Chen, 2010), and positive emotional states (Huang et al., 2017). Moreover, the sub-dimensions of the PERMA model—positive emotions, engagement, positive relationships, meaning, and accomplishment—structurally overlap with the sub-dimensions of sport-related well-being, such as physical and mental health, development of family

relationships, and life satisfaction. In particular, the “positive emotions” component corresponds to the “positive affect” dimension in sport well-being; “positive relationships” align with “family relationships”; and the “meaning” and “accomplishment” components correspond respectively to “life satisfaction” and “psychological health” (Butler & Kern, 2016; Coffey et al., 2014; Kun et al., 2017).

In this context, the primary aim of the study is to examine the relationship between the physical, psychological, and social benefits experienced by individuals who engage in fitness activities and their levels of recreational sport well-being, adopting a holistic perspective. While the effects of fitness on health and motivation have been widely explored in the existing literature (Kilpatrick et al., 2005; Teixeira et al., 2012; Liu et al., 2023), studies specifically focusing on the leisure benefits of fitness participants remain limited (Ertüzün et al., 2020). Quantitative research on the concept of recreational sport well-being within the Turkish context is scarce (Kırtepe & Çetinkaya, 2024; Yavuz & İlhan, 2023). This study is considered to address a significant gap in the literature, as it represents one of the first systematic approaches to examine both the leisure benefits and the well-being of fitness participants in conjunction with recreational sports. Accordingly, the hypotheses of the study are as follows:

H1: There is a statistically significant positive relationship between the scores of individuals engaged in fitness activities on the Leisure Benefit Scale (LBS) and the Recreational Sport Well-Being Scale (RSWBS), including their respective sub-dimensions.

H2: There are statistically significant differences in LBS and RSWBS scores of individuals who engage in fitness activities based on demographic characteristics such as sex and age.

H3: As the duration of fitness participation in years, the number of days per week, and the amount of time spent per week increase, significant increases are observed in individuals’ LBS and RSWBS scores.

The existing literature emphasizes that physical activity contributes significantly to individuals’ well-being by enhancing their capacity to cope with stress, fostering self-efficacy, facilitating social bonding, and promoting a sense of meaning (Cohn & Fredrickson, 2009; Ryan & Deci, 2001). Additionally, demographic factors such as age, sex, educational background, and income level have been found to influence physical activity habits, which in turn create variations in individuals’ well-being outcomes (Göçen, 2012; Serçek & Serçek, 2015). Furthermore, studies indicate that longer and more frequent participation in physical exercise is associated with increased positive affect, greater life satisfaction, and a stronger sense of self-actualization (Deci & Ryan, 2001; Huang et al., 2017). Based on these findings, it is expected that higher levels of fitness participation will be positively related to individuals’ perceived recreational benefits and levels of sport-related well-being, which theoretically supports the hypotheses tested in this study.

Method

Research Design

This study was structured in accordance with the relational survey model, one of the quantitative research methods. The relational survey model is a descriptive research design that not only depicts the current situation but also aims to reveal the direction and strength of the relationships between multiple variables (Karasar, 2020). No structural equation modeling (SEM) was conducted, as the study focused on examining correlational relationships rather than testing predictive or causal models.

Research Group

All demographic characteristics of the participants are presented in Table 1. As seen in the table, the sample consisted

of females (52.6%) and males (47.4%). Most participants were aged between 24–35 years (64.8%), single (68.8%), and reported having a medium income level (72.8%). In terms of education, high school graduates (47.2%) and bachelor's degree holders (40.4%) made up the largest groups.

Regarding occupation, the main categories were students (36.6%), private sector employees (28.6%), and public sector employees (23.4%). Most participants reported exercising 4–9 hours per week (73.2%) and 3–4 days per week (55.4%). With respect to fitness experience, 47.4% had been participating for 1–2 years and 41.8% for 3–4 years. Concerning leisure activities, the most common preferences were social activities (24.2%) and physical activities (21.4%).

Table 1. Demographic variables of the participants

	Variable	f	%		Variable	f	%
Sex	Male	237	47,4	Weekly Duration of Fitness (Hours)	1-3	102	20.4
	Female	263	52,6		4-6	161	32.2
Age	18-23	129	25.8		7-9	205	41.0
	24-29	196	39.2	Weekly Frequency of Fitness (Days)	10 and above	32	6.4
	30-35	128	25.6		1-2	178	35.6
	36 and above	47	9.4		3-4	277	55.4
					5 and above	45	9.0
Marital Status	Married	156	31.2	Years of Fitness Participation	1-2	237	47.4
	Single	344	68.8		3-4	209	41.8
Educational Level	Primary/Secondary School	44	8.8		5 and above	54	10.8
	High School	236	47.2	Most Frequently Preferred Leisure Activity	Social Activities	121	24.2
	Bachelor's Degree	202	40.4		Physical Activities	107	21.4
	Master's/Doctorate Degree	18	3.6		Cultural Activities	70	14.0
Perceived Income Level	Low	84	16.8		Artistic Activities	23	4.6
	Medium	364	72.8		Touristic Activities	11	2.2
	High	52	10.4		Digital Activities	59	11.8
Occupation	Student	183	36.6		Other	109	21.8
	Private Sector Employee	143	28.6				
	Public Sector Employee	117	23.4				
	Retired / Homemaker	25	5.0				
	Other	32	6.4				
				Total	500	100.0	

Procedures

Leisure Benefit Scale: To assess the benefits individuals, gain from participating in recreational activities, the Leisure Benefit Scale (LBF) was used. This scale was originally developed by Ho (2008) and adapted into Turkish by Akgül et al. (2018). The scale consists of 24 items and includes three sub-dimensions: physical, psychological, and social benefits. It employs a five-point Likert-type rating scale (1=Strongly disagree, 5=Strongly agree) and is designed to measure the multidimensional benefits individuals perceive from their participation in recreational activities. The Turkish version of the scale was adapted by following a systematic linguistic and psychometric

process. Initially, the linguistic equivalence of the scale was examined through forward and backward translation. After confirming that the items demonstrated linguistic consistency, the adaptation process proceeded with validity and reliability analyses. Confirmatory factor analysis (CFA) was conducted to verify the construct validity of the scale, and the results indicated an acceptable model fit. In addition, internal consistency was assessed using Cronbach's Alpha, which showed high reliability for both the overall scale ($\alpha=.83$) and its sub-dimensions (ranging from $\alpha=.80$ to $.86$). These findings confirmed that the adapted scale was suitable for measuring recreational benefits in the Turkish context.

Recreational Sport Well-Being Scale: To determine individuals' levels of well-being experienced through recreational sports, the Recreational Sport Well-Being Scale (RSWBS) was used. The scale was originally developed by Pi et al. (2022) and adapted into Turkish by Koç (2022) through a rigorous linguistic and cultural adaptation process. The Turkish version of the scale consists of 14 items and includes four sub-dimensions: physical and mental health, life satisfaction, development of family relationships, and positive emotions. A five-point Likert-type rating scale (1=Strongly disagree, 5=Strongly agree) is used. During the adaptation process, linguistic equivalence was established through the forward-backward translation method, and the content was reviewed by experts to ensure cultural relevance. In the validation study conducted by Koç (2022), construct validity was examined through confirmatory factor analysis (CFA), and model fit indices were found to be within acceptable limits. In addition, the internal consistency reliability of the Turkish version was evaluated using Cronbach's Alpha, with sub-dimension reliability coefficients ranging from .80 to .88, and the overall scale reliability coefficient reported as .86. The psychometric properties obtained in Koç's study indicate that the Turkish version of the RSWBS is a valid and reliable instrument for assessing sport-based well-being in recreational contexts. In the present study, the same scale was employed using face-to-face data collection methods.

Data Analysis

The statistical analyses of the data collected in this study were conducted using the IBM SPSS 25.0 statistical software

Findings

Within the scope of the study, the arithmetic means, standard deviations, and normality distribution findings related to the measurement tools were evaluated. According to the results, the average score obtained from the Leisure Benefit Scale (LBS) was 4.13. Among the sub-dimensions, the highest mean score was observed in the psychological dimension (4.19), while the lowest was in the physical dimension (4.06). The social dimension had a moderate average score of 4.13. Regarding the Recreational Sport Well-Being Scale (RSWBS), the participants'

package. For the demographic characteristics, frequency and percentage values were calculated. The normality distribution of the sub-dimensions of the scales was assessed using the Kolmogorov-Smirnov and Shapiro-Wilk tests, and it was determined that the distribution was suitable for parametric testing (Field, 2013). In addition, homogeneity of variances was confirmed through Levene's test, and it was concluded that parametric methods could be applied. To test the main hypothesis of the study and to determine whether there was a relationship between the Leisure Benefit Scale (LBF) and the Recreational Sport Well-Being Scale (RSWBS), Pearson correlation analysis was conducted. This analysis reveals the degree of linear relationship between the variables (Pallant, 2020).

To examine whether LBF and RSWBS scores differed according to sex, an independent samples t-test was performed. For multi-group variables such as age group, weekly fitness duration (hours), weekly frequency (days), and years of fitness experience, one-way analysis of variance (ANOVA) was used. In cases where ANOVA indicated significant differences, Tukey's HSD post-hoc test was conducted to identify which groups differed from one another (Büyüköztürk, 2022). A significance level of $p < .05$ was accepted for all statistical analyses.

Ethical Statement

This research was reviewed and approved by the Ethics Committee of Gazi University at its meeting dated March 25, 2025, with decision number 1209342, confirming that there were no ethical objections to the conduct of the study.

overall mean score was recorded as 4.11. Among its sub-dimensions, the highest average score was found in positive emotion (4.33), and the lowest in physical and mental health (3.92). The life satisfaction sub-dimension had an average score of 4.14, falling between positive emotion and physical-mental health, while the family flourishing dimension also had a high score of 4.33. These findings indicate that participants generally perceive a high level of benefit and well-being associated with their involvement in recreational and sports activities. Psychological benefits and positive emotional states were found to be the most prominent aspects.

Table 2. Pearson correlation test results between LBS and RSWBS

	1	2	3	4	5	6	7
1. LBS Total	1						
2. Physical Benefits	.891**	1					
3. Psychological Benefits	.931**	.781**	1				
4. Social Benefits	.918**	.693**	.786**	1			
5. RSWBS Total	.848**	.707**	.768**	.835**	1		
6. Physical and Mental Health	.723**	.624**	.657**	.694**	.847**	1	
7. Life Satisfaction	.763**	.646**	.698**	.739**	.903**	.720**	1
8. Family Flourishing	.676**	.554**	.618**	.668**	.811**	.536**	.634**
9. Positive Emotion	.676**	.554**	.618**	.668**	.811**	.536**	.634**

** $p < 0,01$

According to Table 2, there is a statistically significant and strong positive correlation between the Leisure Benefit Scale (LBS) and the Recreational Sport Well-Being Scale (RSWBS) ($r=.848$, $p<.01$). High-level, statistically significant correlations were also observed between the sub-dimensions of the LBS—namely, physical, psychological, and social benefits—and the total RSWBS score ($r=.707$, $r=.768$, and $r=.835$, respectively, $p<.01$). These findings indicate that individuals' perceived benefits from recreational activities are consistently aligned with higher levels of sport-based well-being.

Analyses of the sub-dimensions of the RSWBS revealed that physical and mental health scores showed a significant positive correlation with the total LBS score ($r=.723$), life satisfaction ($r=.763$), and both family flourishing and positive emotion

sub-dimensions ($r=.676$) (all $p<.01$). Particularly noteworthy is the strong association between the psychological benefit sub-dimension of the LBS and the positive emotion ($r=.618$) and life satisfaction ($r=.698$) sub-dimensions of the RSWBS. These results clearly highlight the contribution of recreational activities to individuals' emotional and cognitive well-being. The correlation coefficients demonstrate that there are moderate to strong, positive, and statistically significant relationships between both the total scores and sub-dimensions of the LBS and RSWBS. The fact that Pearson correlation values range between .60 and .90 suggests strong associations among the variables. These findings indicate that the physical, psychological, and social benefits gained from recreational activities are positively aligned with the components of sport-based well-being, reflecting a multidimensional interaction between these constructs.

Table 3. Independent samples t-test results for LBS and RSWBS according to sex

	Sex	N	X	SD	t	p
LBS Total	Female	263	4.07	.63	-1.562	0,059
	Male	237	4.20	.57		
Physical Benefits	Female	263	4.01	.72	-2.039	0.041*
	Male	237	4.13	.61		
Psychological Benefits	Female	263	4.12	.64	-2.655	0.008*
	Male	237	4.26	.54		
Social Benefits	Female	263	4.07	.70	-1.929	0.054
	Male	237	4.19	.59		
RSWBS Total	Female	263	4,07	.63	-2.397	0,008*
	Male	237	4,16	.57		
Physical and Mental Health	Female	263	3.87	.68	-1.742	0.082
	Male	237	3.98	.68		
Life Satisfaction	Female	263	4.10	.71	-1.253	0.211
	Male	237	4.18	.65		
Family Flourishing	Female	263	4.28	.78	-1.647	0.100
	Male	237	4.38	.67		
Positive Emotion	Female	263	4.28	.78	-1.647	0.100
	Male	237	4.38	.67		

* $p<0,05$

According to Table 3, there was no statistically significant difference between male and female participants in terms of total scores on the Leisure Benefit Scale (LBS) ($t=-1.562$, $p=.059$). However, when analyzed at the sub-dimension level, significant differences in favor of male participants were observed in physical benefit ($t=-2.039$, $p=.041$) and psychological benefit ($t=-2.655$, $p=.008$). These findings indicate that male participants derive greater physical and psychological benefits from fitness participation compared to female participants. Regarding the Recreational Sport Well-Being Scale (RSWBS), male participants scored significantly higher in overall well-being levels than

female participants ($t=-2.397$, $p=.008$). Although the difference in the physical and mental health sub-dimension was close to significance, it was not statistically significant ($t=-1.742$, $p=.082$). No significant differences were found in the sub-dimensions of life satisfaction ($t=-1.253$, $p=.211$), family flourishing ($t=-1.647$, $p=.100$), and positive emotion ($t=-1.647$, $p=.100$).

Overall, it can be concluded that male participants tend to perceive higher levels of psychological and physical benefits from their recreational sport experiences, which is also reflected in their higher sport-based well-being scores.

Table 4. ANOVA results for LBS and RSWBS by age group

	Age	N	X	SD	F	p	Difference
LBS Total	18-23 ¹	129	3.97	.82	5.146	.002*	1<2 1<3 1<4
	24-29 ²	196	4.12	.48			
	30-35 ³	128	4.21	.47			
	36 and above ⁴	47	4.24	.65			
	Total	500	4.11	.60			
Physical Benefits	18-23 ¹	129	3.90	.94	4.291	.005*	1<3<4
	24-29 ²	196	4.08	.53			
	30-35 ³	128	4.17	.48			
	36 and above ⁴	47	4.19	.71			
	Total	500	4.06	.67			
Psychological Benefits	18-23 ¹	129	4.02	.80	4.911	.002*	1<3<4
	24-29 ²	196	4.23	.50			
	30-35 ³	128	4.26	.46			
	36 and above ⁴	47	4.28	.64			
	Total	500	4.19	.60			
Social Benefits	18-23 ¹	129	3.97	.88	3.913	.009*	1<3
	24-29 ²	196	4.15	.51			
	30-35 ³	128	4.21	.53			
	36 and above ⁴	47	4.24	.70			
	Total	500	4.13	.65			
RSWBS Total	18-23 ¹	129	3.97	.826	4.001	.008*	1<3
	24-29 ²	196	4.12	.480			
	30-35 ³	128	4.21	.471			
	36 and above ⁴	47	4.24	.654			
	Total	500	4.11	.608			
Physical and Mental Health	18-23 ¹	129	3.87	.799	1.549	.201	
	24-29 ²	196	3.87	.628			
	30-35 ³	128	3.99	.611			
	36 and above ⁴	47	4.06	.787			
	Total	500	3.92	.689			
Life Satisfaction	18-23 ¹	129	4.00	.946	2.387	.068	
	24-29 ²	196	4.16	.542			
	30-35 ³	128	4.20	.542			
	36 and above ⁴	47	4.22	.691			
	Total	500	4.14	.686			
Family Flourishing	18-23 ¹	129	4.12	.9483	5.742	.001*	1<2 1<3
	24-29 ²	196	4.34	.628			
	30-35 ³	128	4.48	.583			
	36 and above ⁴	47	4.43	.726			
	Total	500	4.33	.733			
Positive Emotion	18-23 ¹	129	4.12	.948	5.742	<.001	1<2 1<3
	24-29 ²	196	4.34	.6287			
	30-35 ³	128	4.48	.583			
	36 and above ⁴	47	4.43	.726			
	Total	500	4.33	.733			

* $p < 0,05$

The results presented in Table 4 reveal that there is a statistically significant difference among age groups in the total scores of the Leisure Benefit Scale (LBS) ($F=5.146$, $p=.002$). Post-hoc analyses showed that participants in the 18–23 age group scored significantly lower on the LBS compared to those in the 30–35 and 36 and over age groups. At the sub-dimension level, significant age-related differences were also found in physical benefit ($F=4.291$, $p=.005$), psychological benefit ($F=4.911$, $p=.002$), and social benefit ($F=3.913$, $p=.009$). In all three sub-dimensions, the 18–23 age group had the lowest mean scores, indicating that perceived benefit levels increase with age. Similarly, total scores on the Recreational Sport Well-Being Scale (RSWBS) also varied significantly across age groups ($F=4.001$,

$p=.008$), with participants aged 30–35 reporting significantly higher well-being scores than those aged 18–23. While no significant differences were found in physical and mental health ($F=1.549$, $p=.201$) and life satisfaction ($F=2.387$, $p=.068$), the sub-dimensions of family flourishing ($F=5.742$, $p<.001$) and positive emotion ($F=5.742$, $p<.001$) did show statistically significant differences. Post-hoc results indicated that the 18–23 age group scored significantly lower than the 24–29 and 30–35 groups in both dimensions.

Overall, these findings suggest that as individuals grow older, they tend to perceive greater benefits from recreational activities and report higher levels of sport-based well-being.

Table 5. ANOVA results for LBS and RSWBS by weekly fitness duration

	<i>Duration (Hours)</i>	<i>N</i>	<i>X</i>	<i>SD</i>	<i>F</i>	<i>p</i>	<i>Difference</i>
LBS Total	1-3 ¹	102	4.10	.87	1.693	.168	
	4-6 ²	161	4.12	.60			
	7-9 ³	205	4.12	.41			
	10 and above ⁴	32	4.35	.26			
Physical Benefits	1-3 ¹	102	4.12	.96	2.060	.105	
	4-6 ²	161	4.03	.64			
	7-9 ³	205	4.03	.54			
	10 and above ⁴	32	4.32	.38			
Psychological Benefits	1-3 ¹	102	4.12	.87	2.245	.082	
	4-6 ²	161	4.21	.61			
	7-9 ³	205	4.17	.44			
	10 and above ⁴	32	4.42	.35			
Social Benefits	1-3 ¹	102	4.07	.91	1.224	.300	
	4-6 ²	161	4.11	.69			
	7-9 ³	205	4.14	.49			
	10 and above ⁴	32	4.32	.33			
RSWBS Total	1-3 ¹	102	4.14	.84	3.826	.010	1<2<3<4
	4-6 ²	161	4.05	.61			
	7-9 ³	205	4.09	.47			
	10 and above ⁴	32	4.44	.32			
Physical and Mental Health	1-3 ¹	102	4.14	.81	10.527	<.001	4>1>2>3
	4-6 ²	161	3.91	.71			
	7-9 ³	205	3.76	.56			
	10 and above ⁴	32	4.28	.55			
Life Satisfaction	1-3 ¹	102	4.16	.92	2.031	.109	
	4-6 ²	161	4.09	.67			
	7-9 ³	205	4.12	.57			
	10 and above ⁴	32	4.41	.40			
Family Flourishing	1-3 ¹	102	4.24	.93	3.566	.014	1<2<4
	4-6 ²	161	4.24	.71			
	7-9 ³	205	4.39	.65			
	10 and above ⁴	32	4.63	.40			
Positive Emotion	1-3 ¹	102	4.24	.93	3.566	.014	1<2<4
	4-6 ²	161	4.24	.71			
	7-9 ³	205	4.39	.65			
	10 and above ⁴	32	4.63	.40			

* $p<0,05$

According to Table 5, no statistically significant difference was found between groups in terms of total scores on the Leisure Benefit Scale (LBS) based on weekly fitness duration ($F=1.693$, $p=.168$). However, the group performing 10 or more hours of exercise per week had the highest mean score ($\bar{x}=4.35$), and the overall trend showed increasing mean scores with longer fitness durations. Similarly, although there were no statistically significant differences in the physical benefit ($F=2.060$, $p=.105$) and psychological benefit ($F=2.245$, $p=.082$) sub-dimensions, the mean scores in these dimensions also increased with fitness duration, particularly in the group exercising 10 or more hours per week. No significant difference was found in the social benefit sub-dimension ($F=1.224$, $p=.300$).

On the other hand, a statistically significant difference was found in Recreational Sport Well-Being Scale (RSWBS) total scores across weekly fitness duration groups ($F=3.826$, $p=.010$). According to Tukey HSD post-hoc tests, individuals who

exercised 10 or more hours per week reported significantly higher well-being scores than all other groups ($\bar{x}=4.44$, $p<.05$). This result suggests that regular and intensive fitness participation enhances sport-based well-being. Regarding the sub-dimensions, a significant difference was observed in physical and mental health scores ($F=10.527$, $p<.001$). Post-hoc analysis revealed that individuals exercising 10 or more hours per week had significantly higher scores ($\bar{x}=4.28$), followed by the 1–3 hour, 4–6 hour, and 7–9 hour groups, respectively ($4>1>2>3$). A significant difference was also found in the family flourishing sub-dimension ($F=3.566$, $p=.014$), with the 10+ hour group again reporting the highest average. Similarly, in the positive emotion sub-dimension ($F=3.566$, $p=.014$), the 1–3 hour group scored significantly lower than the 7–9 hour and 10+ hour groups, as indicated by post-hoc analysis. These findings demonstrate that as weekly fitness duration increases, individuals report higher levels of perceived physical and psychological benefits, as well as enhanced sport-based well-being.

Table 6. ANOVA results for LBS and RSWBS by years of fitness participation

	Year	N	X	SD	F	p	Difference
LBS Total	1-2 ¹	237	4.07	.69	3.848	.022	1<3
	3-4 ²	209	4.16	.48			
	5 ve üzeri ³	54	4.30	.36			
Physical Benefits	1-2 ¹	237	4.01	.76	1.883	.153	
	3-4 ²	209	4.08	.58			
	5 ve üzeri ³	54	4.20	.58			
Psychological Benefits	1-2 ¹	237	4.13	.71	2.414	.090	
	3-4 ²	209	4.22	.51			
	5 ve üzeri ³	54	4.31	.37			
Social Benefits	1-2 ¹	237	4.05	.75	5.540	.004	1<3
	3-4 ²	209	4.16	.57			2<3
	5 ve üzeri ³	54	4.36	.42			
RSWBS Total	1-2 ¹	237	4.04	.68	6.110	.002	1<3
	3-4 ²	209	4.13	.53			2<3
	5 ve üzeri ³	54	4.35	.44			
Physical and Mental Health	1-2 ¹	237	3.86	.73	4.048	.018	1<3
	3-4 ²	209	3.93	.63			2<3
	5 ve üzeri ³	54	4.15	.64			
Life Satisfaction	1-2 ¹	237	4.07	.75	5.951	.003	1<3
	3-4 ²	209	4.14	.59			2<3
	5 ve üzeri ³	54	4.42	.59			
Family Flourishing	1-2 ¹	237	4.23	.82	4.982	.007	1<2<3
	3-4 ²	209	4.39	.65			1<2
	5 ve üzeri ³	54	4.52	.50			1<3
Positive Emotion	1-2 ¹	237	4.23	.82	4.982	.007	1<2<3
	3-4 ²	209	4.39	.65			1<2
	5 ve üzeri ³	54	4.52	.50			1<3

* $p < 0,05$

Table 6 indicates that there is a statistically significant difference in total Leisure Benefit Scale (LBS) scores based on years of fitness participation ($F=3.848$, $p=.022$). According to the Tukey HSD post-hoc test, participants with 1–2 years of fitness experience had significantly lower LBS scores compared to those with 5 or more years of experience ($1<3$). A similar significant difference was found in the social benefit sub-dimension ($F=5.540$, $p=.004$), where both the 1–2 year and 3–4 year groups scored significantly lower than the 5+ year group ($1<3$, $2<3$). This finding suggests that social interaction and a sense of belonging are more strongly developed through long-term fitness participation. No significant differences were found in the physical and psychological benefit sub-dimensions ($p>.05$).

Table 6 also shows a statistically significant difference across fitness experience groups ($F=6.110$, $p=.002$). Post-hoc analysis revealed that individuals with 5 or more years of fitness participation had significantly higher well-being scores compared to those in the 1–2 and 3–4 year groups ($1<3$, $2<3$). This upward trend was also evident in all sub-dimensions: physical and mental health ($F=4.048$, $p=.018$), life satisfaction ($F=5.951$, $p=.003$), family flourishing ($F=4.982$, $p=.007$), and positive emotion ($F=4.982$, $p=.007$). A clear progression was noted in the family flourishing and positive emotion dimensions, where mean scores increased sequentially across the groups ($1<2<3$). These findings demonstrate that long-term fitness participation significantly enhances individuals' perceived leisure benefits and their sport-based well-being.

Discussion

The primary objective of this study is to examine, through a multidimensional approach, the relationship between the physical, psychological, and social benefits derived from recreational activities by individuals engaged in fitness and their levels of recreational sport well-being. Most participants were identified as young adults (aged 24–29), single, and belonging to the middle-income group, engaging in fitness activities regularly for 3–4 days and 7–9 hours per week. This indicates a high tendency for participation in recreational activities.

Descriptive statistics revealed that participants scored highly on both the Leisure Benefit Scale (LBS) ($\bar{x}=4.13$) and the Recreational Sport Well-Being Scale (RSWBS) ($\bar{x}=4.11$). Among the LBS sub-dimensions, the highest average was observed in psychological benefits ($\bar{x}=4.19$), while the RSWBS sub-dimensions showed the highest averages in positive affect ($\bar{x}=4.33$) and family flourishing ($\bar{x}=4.33$). These findings suggest that individuals derive significant benefits from fitness participation, particularly in terms of emotional relaxation, strengthening social bonds, and finding meaning in life. Ayyıldız Durhan et al. (2017) examined the recreational benefit levels of parents whose children participated in baby gym activities and reported that participants scored highest in the psychological sub-dimension. This finding aligns with our study, indicating that fitness participants also perceive psychological benefits more intensely. Conversely, Karaküçük et al. (2019) conducted a study on orienteering athletes and reported that participants

obtained the highest benefit scores in the physical sub-dimension (30.27 ± 4.40) and the lowest in the psychological sub-dimension (34.49 ± 4.95), which contrasts with our study's findings. Similarly, Mensink et al. (1999) investigated the effects of leisure-time physical activities on cardiovascular risk profiles in elderly individuals and found that regular physical activity has the potential to reduce these risks physiologically.

These studies suggest that perceptions of leisure benefits can vary based on factors such as age group, type of sport, and contextual conditions. Pearson correlation analysis revealed a significant and positive high-level relationship between the total scores of LBS and RSWBS ($r=.848$, $p<.01$). Similar high correlations were observed at the sub-dimension level, particularly between the psychological benefit sub-dimension of LBS and the positive effect ($r=.618$) and life satisfaction ($r=.698$) sub-dimensions of RSWBS. This finding supports existing literature indicating that fitness activities contribute to individuals' emotional and cognitive well-being. The positive relationship between recreational benefits and sport-related well-being indicates that individuals gain both subjective and social advantages through fitness participation. In particular, the mutual reinforcement of sub-dimensions such as positive emotions, family relationships, and life satisfaction demonstrates the multidimensional benefits of fitness activities (Huang et al., 2010; Pi et al., 2022).

Ersöz et al. (2023) found positive and statistically significant correlations between participants' awareness of physical, psychological, and social leisure benefits and their levels of physical activity ($r=0.116$; $r=0.122$; $r=0.100$; $p<.01$). These findings suggest that the perceived benefits of recreational activities in various dimensions can enhance individuals' inclination toward physical activity. Similarly, Yıldız (2025) reported a positive and moderate relationship between activity satisfaction and recreational well-being levels. This indicates that the satisfaction derived from activities directly influences individuals' overall well-being perceptions.

Kirtepe and Çetinkaya (2024) identified a positive and low-level significant relationship between recreational well-being and quality of life. Leisure activities contribute meaning to individuals' lives and are considered a fundamental determinant of subjective well-being (Diener et al., 2018). Xu et al. (2019) found that cycling provides both motivational and psychosocial benefits, positively affecting subjective well-being components such as life satisfaction, self-confidence, and self-affirmation. Similarly, Zurawik (2020) reported that nature walks support feelings of satisfaction, belonging, and achievement, enhancing overall psychological and social well-being. Collectively, these findings demonstrate that the physical, psychological, and social benefits of recreational activities have multifaceted and significant impacts on individuals' sport-based well-being perceptions. Notably, the strong relationship between social benefit perception and well-being levels suggests that recreation is not

only an individual experience but also a process that strengthens social bonds and societal belonging.

According to the t-test results examining the relationship between LBS and RSWBS and the sex variable, males scored significantly higher than females in the physical and psychological sub-dimensions. Supporting this finding, Hagger and Chatzisarantis (2007) argued that males' beliefs in physical competence contribute to higher psychological benefits by supporting feelings of autonomy and competence in sports. However, Ertüzün et al. (2020) found no significant difference in recreational benefit levels based on sex among fitness center members.

The higher benefit scores among males in our study may be related not only to biological and performance-based differences but also to sociocultural norms, the structure of sports environments, and differences in participation patterns. Therefore, sex-based differences should be examined not only through numerical comparisons but also through qualitative and contextual approaches. Factors such as the inclusivity of recreational environments, motivational aspects of participation patterns, and societal sex perceptions should be considered in explaining such differences (Shaw & Henderson, 2005).

ANOVA analyses based on age variables revealed statistically significant differences in both LBS and RSWBS scores. Specifically, the 18–23 age group had lower averages in both benefit and well-being compared to other age groups. Tukey HSD test results indicated that this difference was particularly in favor of the 30–35 and 36 and above age groups. This suggests that recreational participation becomes more conscious and needs-based with age, leading to increased benefits. Additionally, increases in social-psychological components such as life satisfaction, family relationships, and positive emotions strengthen the construction of recreational meaning in relation to the individual's life stage. Yıldız (2025) found that the 20–30 age group had a higher average in family flourishing ($M=4.27$) compared to the 31–40 age group ($M=4.09$). Kaplan and Ardahan (2012) reported that the benefits obtained by individuals under 24 years old from recreational activities showed statistically significant differences based on age.

Our study's findings indicate that as the duration of fitness participation increases, individuals' sport-based well-being levels, physical and mental health status, family relationships, and positive affect levels show significant improvements. These results align with the World Health Organization's (WHO) physical activity guidelines. WHO (2020) states that even small amounts of physical activity have positive health effects compared to inactivity and recommends that adults start with low levels of activity and gradually increase frequency, intensity, and duration. Blair et al. (1992) reported that 30 minutes of moderate-intensity regular physical activity per day significantly reduces the risk of chronic diseases and improves daily functionality by enhancing physical fitness.

Another finding of our study is that individuals who have been engaged in fitness for 5 years or more have significantly higher averages in social benefits, overall LBS, and RSWBS compared to other groups. This demonstrates the cumulative effects of long-term participation, indicating that individuals gain not only physical benefits but also social belonging and life satisfaction (Warburton & Bredin, 2017). Aygün and Karayol (2024) and Başar (2018) also emphasized the positive effects of regular physical activity on psychological well-being, happiness, and depression levels. In this context, it can be said that long-term fitness participation contributes to individuals' holistic well-being experiences in both physical and psychosocial domains.

Conclusion

The primary aim of this study is to examine, through a holistic approach, the relationship between the physical, psychological, and social gains of individuals who engage in fitness activities and their levels of recreational sport well-being. The findings obtained in line with this objective indicate that regular and long-term participation in fitness activities significantly enhances individuals' quality of life not only physically but also psychologically and socially. The strong positive correlations observed between the Leisure Benefit Scale (LBS) and the Recreational Sport Well-Being Scale (RSWBS) demonstrate that recreational activities play a crucial role in shaping individuals' emotional satisfaction, social relationships, and sense of meaning in life. Individuals with five or more years of participation were found to have higher levels of social benefit, sense of belonging, and life satisfaction, highlighting the cumulative and integrative effects of recreation. The differences observed in relation to sex and age variables suggest that perceived leisure benefits and well-being may vary depending on individual characteristics. These findings underscore the strategic importance of promoting physical activity not only for physical health but also for overall psychological and social well-being and suggest that institutions at various levels—from universities to municipalities—should design programs accordingly.

However, the findings of this study should be interpreted in consideration of the limitations associated with the convenience sampling method employed. Since participants were not selected through random sampling, the generalizability of the results to broader populations is inherently limited. Therefore, future studies utilizing more representative sampling methods are needed to enhance the validity and generalizability of the findings.

Practical Implications

Similar research can be extended beyond private fitness centers to include public sports facilities and community-based recreational spaces. In doing so, the leisure benefits and sport well-being levels of individuals from different social groups can be assessed from a broader perspective. Moreover, future studies

may focus on individuals participating in various sports disciplines to conduct comparative analyses of the effects of non-fitness-based activities—such as swimming, cycling, yoga, and team sports—on recreational benefit and recreational sport well-being. It is also recommended that intervention programs be developed to guide individuals toward increasing the frequency and duration of their fitness participation.

Financial Sources

The preparation and writing of this study were completed without financial support from any institution or organization.

Conflict of Interest

There is no conflict of interest among the authors related to publication of this article.

Author Contributions

Research Idea: KŞ, BMA, ET; **Research Design:** KŞ, BMA, ET; **Data Collection:** KŞ, BMA, ET; **Data Analysis:** KŞ, BMA, ET; **Writing:** KŞ, BMA, ET; **Critical Review:** KŞ, BMA, ET.

References

1. Akgül, B. M., Ertüzün, E. ve Karaküçük, S. (2018). Rekreatyon fayda ölçeği: Geçerlilik ve güvenilirlik çalışması [Leisure benefit scale: A study of validity and reliability]. *Gazi Beden Eğitimi ve Spor Bilimleri Dergisi*, 23(1), 25-35.
2. Aldridge, J. M., & McChesney, K. (2018). The relationships between school climate and adolescent mental health and well-being: A systematic literature review. *International Journal of Educational Research*, 88, 121-145.
3. Anna Zurawik, M. (2020). Socio-environmental influences on Nordic walking participation and their implications for well-being. *Journal of Outdoor Recreation and Tourism*, 29, Article 100285.
4. Aydın, İ., & Yaşartürk, F. (2017). Fitnes katılımcıların rekreatyone etkinliklere yönelik motivasyon düzeylerinin çeşitli değişkenlere göre incelenmesi [The state of the fitness participants' levels of motivation towards recreational activities according to various demographic features]. *Uluslararası Kültürel ve Sosyal Araştırmalar Dergisi*, 3(Special Issue 2), 142-152.
5. Aygün, G., & Karayol, M. (2024). Investigation of the relationship between exercise addiction and depression, anxiety and stress levels of individuals doing sports in fitness centers. *International Journal of Sport Exercise and Training Sciences - IJSETS*, 10(1), 62-72.
6. Ayyıldız Durhan, T., & Karaküçük, S. (2017). Çocuklarıyla baby gym aktivitelerine katılan ebeveynlerin rekreatyon fayda düzeylerinin incelenmesi [Examination of leisure benefit of parents participating in baby gym activities with children]. *Gaziantep Üniversitesi Spor Bilimleri Dergisi*, 2(4), 43-53.
7. Başar, S. (2018). Düzenli egzersizin depresyon, mutluluk ve psikolojik iyi oluş üzerine etkisi [Effects of regular exercise on depression, happiness and psychological well-being]. *İnönü Üniversitesi Beden Eğitimi ve Spor Bilimleri Dergisi*, 5(3), 25-34.
8. Bielinis, E., Bielinis, L., Krupińska-Szeluga, S., Łukowski, A., & Takayama, N. (2019). The effects of a short forest recreation program on physiological and psychological relaxation in young Polish adults. *Forests*, 10(1), 34.

9. Blair, S., Kohl, H., Gordon, N., & Paffenbarger, R. (1992). How much physical activity is good for health? *Annual review of public health*, 13, 99-126.
10. Bullo, V., Bergamin, M., Gobbo, S., Sieverdes, J. C., Zaccaria, M., Neunhaeuserer, D., & Ermolao, A. (2015). The effects of pilates exercise training on physical fitness and wellbeing in the elderly: A systematic review for future exercise prescription. *Preventive medicine*, 75, 1-11.
11. Butler, J., & Kern, M. L. (2016). The PERMA-Profler: A brief multi-dimensional measure of flourishing. *International Journal of Well-being*, 6(3), 1-48.
12. Büyüköztürk, Ş. (2022). *Sosyal bilimler için veri analizi el kitabı: İstatistik, araştırma deseni, SPSS uygulamaları ve yorum* [Handbook of Data Analysis for Social Sciences: Statistics, Research Design, SPSS Applications and Interpretation]. Pegem Akademi.
13. Chao C. (2013). The Relationship among leisure involvement, leisure benefits, and happiness of elementary schoolteachers in taiwan county. *International Research in Education*, 1(1), 29-51.
14. Chastin, S. F. M., Abaraogu, U., Bourgois, J. G., Dall, P. M., Darnborough, J., Duncan, E., Dumortier, J., Pavón, D. J., McParland, J., Roberts, N. J., & Hamer, M. (2021). Effects of regular physical activity on the immune system, vaccination and risk of community-acquired infectious disease in the general population: Systematic review and meta-analysis. *Sports medicine (Auckland, N.Z.)*, 51(8), 1673-1686.
15. Coffey, J. K., Wray-Lake, L., Mashek, D., & Branand, B. (2014). A multi-study examination of well-being theory in college and community samples. *Journal of Happiness Studies*, 17(1), 187-211.
16. Cohn, M. A., Fredrickson, B. L., Brown, S. L., Mikels, J. A., & Conway, A. M. (2009). Happiness unpacked: Positive emotions increase life satisfaction by building resilience. *Emotion*, 9(3), 361-368.
17. Diener, E., Oishi, S., & Tay, L. (2018). Advances in subjective well-being research. *Nature Human Behaviour*, 2(4), 253-260.
18. Ersöz, Y., Yıldırım, İ., & Zeytun, R. (2023). Investigation of university students' recreation benefit awareness and physical activity levels. *Eurasian Journal of Sport Sciences and Education*, 5(2), 158-169.
19. Ertüzün, E., Hadi, G., & Fidan, E. (2020). Spor merkezine üye bireylerin rekreasyon fayda düzeylerinin bazı değişkenlere göre incelenmesi [Investigation of leisure benefit levels of sports center members according to some variables]. *Spor ve Performans Araştırmaları Dergisi*, 11(3), 231-244.
20. Field, A. (2013). *Discovering statistics using IBM SPSS statistics* (4th ed.). Sage.
21. Göcen, G. (2012). A field research on gratitude and psychological well-being [Unpublished doctoral dissertation]. Ankara University, Institute of Social Sciences.
22. Güdül, N., & Ocak, Y. (2022). Bireylerin fitness salonlarına gitme nedenleri ve beklentileri [Individuals' reasons and expectations about attending to a fitness centre]. *Beden Eğitimi ve Spor Bilimleri Dergisi*, 24(1), 23-28.
23. Güzel, E. (2021). *Rekreasyon liderlik türlerinin Gaziantep halkının rekreasyon aktivitelerine katılımları üzerine etkisi* [The effect of recreation leadership types on the participation of Gaziantep residents in recreational activities] [Yüksek lisans tezi, Karamanoğlu Mehmetbey Üniversitesi]. YÖK Ulusal Tez Merkezi.
24. Hagger, M. S., & Chatzisarantis, N. L. D. (2007). *Intrinsic motivation and self-determination in exercise and sport*. Human Kinetics.
25. Henwood, T. R., & Taaffe, D. R. (2006). Short-term resistance training and the older adult: The effect of varied programmes for the enhancement of muscle strength and functional performance. *Clinical Physiology and Functional Imaging*, 26(5), 305-313.
26. Ho, T. K. (2008). *A study of leisure attitudes and benefits for senior high school students at Ping-Tung city and country in Taiwan* [Unpublished doctoral dissertation]. United States Sports Academy.
27. Huang, J. H., Yeh, C. P., & Chan, Y. S. (2017). Effect of physical activity on behavior and cognition in children with attention deficit/hyperactivity disorder. *Sports Research Review*, 141, 43-51.
28. Huang, M. J., Chen, M. Y., & Chen, C. H. (2010). The influences of perceptions of family members participating in recreational sports in multi-purpose sports grounds on family cohesion. *Leisure Study*, 1(3), 1-17.
29. Kaplan, A., & Ardahan, F. (2013). Doğa sporları yapan bireylerin profilleri, doğa sporu yapma nedenleri ve elde ettikleri faydalar: Antalya örneği [Profiles of individuals practicing outdoor sports, reasons for practicing outdoor sports and the benefits they obtain: The case of Antalya]. *Karadeniz Sosyal Bilimler Dergisi*, 5(8), 93-114.
30. Karaküçük, S., & Akgül, B. M. (2016). *Eko rekreasyon: Rekreasyon ve çevre*. Gazi Kitabevi.
31. Karaküçük, S., Ayyıldız Durhan, T., Akgül, B. M., Aksın, K. (2019). Oryantiring sporcularında ekosentrik, antroposentrik, antipatik yaklaşımların rekreasyon fayda ile ilişkisi [The relationship between leisure benefit and ecocentric, anthropocentric, antipatic approaches in orienteering athletes]. *Gazi Üniversitesi Gazi Eğitim Fakültesi Dergisi*, 39(3), 1263-1288.
32. Karasar, N. (2020). *Bilimsel araştırma yöntemi*. Nobel Yayıncılık.
33. Kaya, E. (2019). *Fitness salonuna giden sedanter bireylerin fitnessa yönelme nedenleri ve fiziksel durumlarının incelenmesi* [A research on the reasons why sedentary individuals engages in fitness activities and their physical conditions] [Yüksek lisans tezi, İstanbul Gelişim Üniversitesi]. YÖK Ulusal Tez Merkezi.
34. Keyes, C. L. M., Shmotkin, D., & Ryff, C. D. (2002). Optimizing well-being: The empirical encounter of two traditions. *Journal of Personality and Social Psychology*, 82, 1007-1022.
35. Khaw, D., & Kern, M. L. (2015). A cross-cultural comparison of the PERMA model of well-being. *Undergraduate Journal of Psychology at Berkeley*, 8(1), 10-23.
36. Kırtepe, A., & Çetinkaya, T. (2024). Spor bilimleri fakültesi öğrencilerinde rekreasyonel spor iyi oluş ve yaşam kalitesi arasındaki ilişki [The relationship between recreational sports well-being and quality of life in faculty of sports sciences students]. *Spor Eğitim Dergisi*, 8(3), 113-123.
37. Kilpatrick, M., Hebert, E., & Bartholomew, J. (2005). College students' motivation for physical activity: Differentiating men's and women's motives for sport participation and exercise. *Journal of American College Health*, 54(2), 87-94.
38. Koç, M. C. (2022). Rekreasyonel spor iyi oluş ölçeği (RSİÖÖ) türkçe versiyonu: Geçerlik ve güvenilirlik çalışması [Recreational sports well-being scale(rswbs) turkish version: Validity and reliability study]. *Journal of Recreation and Tourism Research*, 9(4), 86-97.
39. Kumai, T., Yoshida, M., Inoue, Y., Gordon, B. S., & Biscaia, R. (2024). A multidimensional scale for assessing sport fan well-being: An examination in the context of professional baseball. *Managing Sport and Leisure*, 1-17.
40. Kun, Á., Balogh, P., & Krasz, K. G. (2017). Development of the work-related well-being questionnaire based on Seligman's PERMA model. *Periodica Polytechnica Social and Management Sciences*, 25(1), 56-63.

41. Kürkcü Akgönül, E., Musa, M., Bozkurt, Ç., Bayansalduz, M. (2023). Rekreatif etkinliklere katılan yetişkin bireylerde rekreasyon fayda düzeyinin incelenmesi [Investigation of leisure benefit level in adults participating in recreational activities]. *Mediterranean Journal of Sport Science*, 6(1-Cumhuriyet'in 100. Yılı Özel Sayısı), 113-124.
42. Liu, Y., Zhai, X., Zhang, Y., Jiang, C., Zeng, J., Yang, M., Xie, X., & Zhou, F. (2023). The promoting effect of exercise motivation on physical fitness in college students: A mediation effect model. *BMC Public Health*, 23, 2244.
43. Mensink, G. B. M., Ziese, T., Kok, F. J. (1999). Benefits of Leisure-time physical activity on the cardiovascular risk profile at older age. *International Journal of Epidemiology*, 28: 659-666.
44. Newsome, A. M., Reed, R., Sansone, J., Batrakoulis, A., McAvoy, C., & Parrott, M. W. (2024). 2024 ACSM worldwide fitness trends: Future directions of the health and fitness industry. *ACSM's Health & Fitness Journal*, 28(1), 14-26.
45. Okuyucu, C., & Ramazanoğlu, F. (2006). Dünyadaki değişimin boş zaman faaliyetlerine etkileri [The impact of global change on leisure time activities]. In 9. Uluslararası Spor Bilimleri Kongresi Bildiri Kitabı (pp. 74-75). Muğla.
46. Özkan, S. (2013). Türkiye'deki fitness merkezlerinde hizmet kalitesi beklentilerinin incelenmesi [Examination of service quality expectations in fitness centers in Turkey] [Yayımlanmamış yüksek lisans tezi]. Bahçeşehir Üniversitesi.
47. Pallant, J. (2020). *SPSS survival manual: A step by step guide to data analysis using IBM SPSS* (7th ed.). Open University Press.
48. Pi, L. L., Chang, C. M., ve Lin, H. H. (2022). Development and validation of recreational sport well-being scale. *International Journal of Environmental Research and Public Health*, 19(14), 8764.
49. Ryan, R. M., & Deci, E. L. (2001). On happiness and human potentials: A review of research on hedonic and eudaimonic well-being. *Annual Review of Psychology*, 52(1), 141-166.
50. Seligman, M. (2018). PERMA and the building blocks of well-being. *The Journal of Positive Psychology*, 13(4), 333-335.
51. Seligman, M. E. P. (2011). Flourish: A visionary new understanding of happiness and well-being. *Free Press*.
52. Sevindik, Ü., Akgül, B. M., Ayyıldız Durhan, T., Karaküçük, S. (2022). Investigation of leisure education and recreation benefit levels in elite athletes. *Beden Eğitimi ve Spor Bilimleri Dergisi*, 16(3), 243-257.
53. Shaw, S. M., & Henderson, K. A. (2005). Gender analysis and leisure constraints: An uneasy alliance. In E. L. Jackson (Ed.), *Constraints to leisure* (pp. 23-34). Venture Publishing.
54. Shephard, R. J. (1997). Curricular physical activity and academic performance. *Pediatric Exercise Science*, 9, 113-126.
55. Sirgy, M.J., Uysal, M. & Kruger, S. (2017) Towards a benefits theory of leisure well-being. *Applied Research Quality Life* 12, 205-228 (2017).
56. Teixeira, P. J., Carraça, E. V., Markland, D., Silva, M. N., & Ryan, R. M. (2012). Exercise, physical activity, and self-determination theory: A systematic review. *International Journal of Behavioral Nutrition and Physical Activity*, 9(1), 78.
57. Tel, M., Aksu, A., & Erdoğan, R. (2019). Fitness spor merkezlerine devam eden bireylerin spor merkezlerini tercih etme ve yeterlilik düzeylerinin araştırılması [Investigation of preference and proficiency levels of individuals attending fitness sports centers]. *Spor Eğitim Dergisi*, 3(2), 98-105.
58. Türksoy, A., Altıncı, E. E. ve Köylü, B. (2011). Spor merkezlerinde üyelik yenilemelerine etkileyen faktörlerin araştırılması [Investigating the factors affecting membership renewals in sports centers]. *Uluslararası Hakemli Akademik Sosyal Bilimler Dergisi*, 1(1).
59. Warburton, D. E. R., & Bredin, S. S. D. (2017). Health benefits of physical activity: A systematic review of current systematic reviews. *Current Opinion in Cardiology*, 32(5), 541-556.
60. World Health Organization. (2020). WHO guidelines on physical activity and sedentary behaviour. <https://www.who.int/publications/i/item/9789240015128>
61. Xu, H., Yuan, M., & Li, J. (2019). Exploring the relationship between cycling motivation, leisure benefits and well-being. *International Review for Spatial Planning and Sustainable Development*, 7(2), 157-171.
62. Yıldız, A. (2025). *Rekreasyonel spor yapan bireylerin iyi oluş ve etkinlik doyum düzeylerinin incelenmesi* (Yayımlanmamış yüksek lisans tezi). Necmettin Erbakan Üniversitesi.