Leisure time management in Marmara university and Kilis 7 aralik university students training in sports sciences

Aytekin ALPULLU,Ahmet YILGIN

[1]Marmara University Faculty of Sport Sciences/Sport Management/İstanbul/Turkey
[2]Kilis 7 Aralık University School of Physical Education and Sports/Kilis/Turkey
Corresspondending Author to A.ALPULLU,e-mail: aytekin.alpullu@marmara.edu.tr

Abstract

This sport science research in an undergraduate Faculty of Marmara University Sports Science and Kilis 7 Aralık University of Physical Education and Sports School students of "Leisure Management" ideas are evaluated.Free time management scale; Wei-Ching Wang et al. (2011) and Akgül and Karaküçük (2015) by adapting to Turkish by making validity and reliability study consists of 15 items and 4 sub-dimensions. 285 students from Marmara University Faculty of Sport Sciences and Kilis 7 Aralık University School of Physical Education and Sports participated in the study. In data analysis, descriptive statistics, t-test, ANOVA test were used. As a result of the statistical analysis, it was seen that the majority of the participants consisted of Marmara University students, while in the departments, there was a larger number of male students. In the other findings, it was understood that there was more participation in the 18-20 age group, they were single in marital status and they were more in the 1st class and they participated in their activities in leisure time 2-3 days a week. While there was a significant difference between the total scale scores of the participants and the variables of the universities, it was found that there was no significant difference in gender, marital status variables. There was a significant difference between the scale sub-dimensions and the activities of universities, age, leisure time and classes. As a result, it is understood that leisure time is better managed in metropolitan cities and that students who are studying in the field of sports should be directed to leisure time activities.

Keywords: leisure management, university students, programming, evaluation and goal setting and methods.

INTRODUCTION

Management can be expressed as a decision-making process against all kinds of thoughts, feelings, situations and similar cases in the time course that begins with the existence of humanity. Human beings have a tendency to be managed and managed in accordance with the environment in which they were then involved. Some people make more effective decisions based on their ability to manage and others tend to be managed by others. However, in an environment in which we are present, what the individual does requires a self-management and decision-making skill, that is to say self-leadership, as required by the social environment. Self-leadership skills to control the behaviour of individuals is expressed as a process (7). Decisions in self-leadership in this process are decisions made in the form of necessity and free time action, but competing with time. The level of self-management in the leisure time is directly related to the consciousness and it is possible that the person decides what to do by own questioning. The concept of leisure time constantly examined in the field. While (5) says "in ancient Greece, the time to think of human beings as a kind of basic tasks and to produce information about the future is

understood", according to (14); Leisure time in free time (free time) is expressed as the actions of freedom of the individual. According to (2) leisure time; expresses the time required by the good planning and evaluation of the time as a time period that human beings can freely use in order to be able to play, relax, have fun or improve themselves in accordance with their tendencies and wishes. Leisure time; is the connection of man to his own existence and to find himself with the universe he is in. People are testing the reason for being, their inner world only with their inner speeches and other actions in their free time. The free time that a person calls himself (9) refers to objective time as a resource that can be measured as natural and artificial, and subjective time is expressed as a perceived moral value according to the environment. Express the positive or negative fictions (concert sportive activity or alcohol, speed passion) determined by the experiences that prepare life and teach life. In this process; time, activity, state of mind and cultural approaches are indicated (1). According to (9), it is stated that there is a need for leisure time because people with low time management skills who cannot divide time cannot succeed in their original works, where the balance of life is impaired, and when the individual achieves his / her job and social duties, leisure time should be managed.

As the Greek philosopher Heracleitus mentioned by saying "the only thing that doesn't change is change itself" the words of leisure activities and thoughts have been changed in the present time the leisure time management of individuals has become quite difficult (22). Due to globalization and competition, individuals are forced to convert leisure time into artificial recreational activities. In line with Veblen's Leisure Class Theory, (5); stated that leisure time is the habitat of the upper layer and that it is an objectified object that the pretentious consumption society has been created and that everything can be bought and sold. Therefore, in the technological age where opportunities are provided by capital management, the pain of not reaching the essence of the individual man can be transformed into deeper social suffering. Health expenditures of countries are the most obvious example of this. In the simplest sense, the stress that triggers many diseases can be due to the inability to manage free time, the failure of the individual to achieve freedom and self-rule.

Community culture has an average consciousness. It was stated that taste, taste level, individual presentation, perception and expressions were uniformized through the culture industry and put into a standard form. Students who are educated in sports sciences are known to be more conscious about basic movements, physical activities and recreational activities (5). However, considering the fact that the students of the sports sciences who are among the average group of individuals in today's culture industry cannot get out of the system, how these students manage their free time according to their free will is considered as the problem of the research. In a study done by (6) conducted with students studying in university sports sciences, it was stated that gender and weekly free time period were an important factor in free time satisfaction and age was an important variable in terms of free time management. In a study on the leisure time of students and public employees, (15) stated that the majority of the students and the women working in the public sector had the opportunity to do the activity but could not participate in the leisure activities due to lack of economic reasons and facilities. Otherwise (10) concluded that university students have difficulty in participating in leisure time activities and that male students are more inclined to participate in sports activities in their free time than women. And also (3) stated that the students spend their leisure time and these behaviours are caused by individual attitudes and thus affect leisure time management.

In this study, it is aimed to investigate the leisure time of Marmara University Faculty of Sport Sciences and Kilis 7 Aralık University Physical Education and Sports School by (2) scale adapted to Turkish.

METHOD

The aim of this study is to reveal the thoughts of leisure time in the sample group consisting of randomly selected students studying at Marmara University Faculty of Sport Sciences and Kilis 7 Aralık University Physical Education and Sports School according to the Free Time Management Scale.

Universe and Sample

According to the 2018 activity report of Marmara University, 1046 students from Physical Education and Sports College (21) and 160 students from Kilis 7 Aralık University School of Physical Education and Sports constitute the universe. 285 students (20), who were included in the study as a volunteer by chance, constitute the sample.

Data Collection Tool

In data collection, Free Time Management Scale, this was developed by Wei-Ching Wang at all. (2011) and adapted to Turkish by Akgül and Karaküçük (2015) were used. The scale was used in 15 items and 4 sub-dimensions (Setting Goals and Method, Leisure Attitude, Programming and Evaluation) with a 5-point Likert-type score of 1-5.

Data Analysis

Data obtained from the participants were obtained by using SPSS 23 package program and the personal information of the participants was obtained by descriptive statistics with percentage and frequency analysis. Independent-Samples T-Test and One-Way ANOVA analysis were performed according to the mean scores of the participants.

RESULTS

Mentioned that the validity and reliability studies of the Emotional Management Scale were conducted (2), and the scale Cronbach Alpha coefficient was 0.83, the sub-dimensions were between 0.71 and 0.81, and the internal consistency was good. According to the findings obtained from the data;

Table 1. Demographic Information Distribution

Demographic Information	f	%	Demographic Information	f	%
Universities			Departments		
Marmara University	170	59.6	Coaching	91	31.9
Kilis 7 Aralık University	115	40.4	Sport Management	68	23.9
Total	285	100	Teacher	126	44.2
Genders			Marital Status		
Female	96	33.7	Single	282	98.9
Male	189	66.3	Married	3	1.1
Ages			Classes		
18-20	177	62.1	1. Class	208	73
21-23	91	31.9	2. Class	8	2.8
24-25	10	3.5	3. Class	20	7
26<	7	2.5	4. Class	49	17.2
Activity Days per Week					
1 Day per week	56	19.6			
2-3 Days per week	143	50.2			
4-5 Days per week	52	18.2			
6-7 Days per week	34	11.9			

According to the data in Table 1: It is understood that the majority of the participants in the study were Marmara University students (59.6%), Education and Teaching between departments (44.2%); male students in gender variable (66.3%), 18-20 years old students (62.1%) in age sub-dimension and single (98.9%) students in marital status, when look at the grade level, it was found that Class 1 (73%) was higher; and students do leisure time activities mostly 2-3 days per week (50.2%).

Table 2. Independent Samples T-Test Between Independent Variables with the Scale of University and lower Sub-dimensions

Universities		N	x̄	SS	t	p
Scale	Marmara University	170	2.56	0.45	2.716	0.007*
	Kilis 7 Aralık University	115	2.41	0.42		
Programming	Marmara University	170	3.64	0.99	2.344	0.020*
	Kilis 7 Aralık University	115	3.36	0.98		

P<0.05

According to the data in Table 2, there was a significant difference (p <0.007) between 95% confidence interval between universities variable and scale, and the reason of this difference is that students at Marmara University (x̄: 2,56) are more successful in leisure time than students of Kilis 7 Aralık University (x̄: 2,41).

It was found that there was a significant difference (p <0,020) in the programming sub-dimension with the universities variable and the reason for this difference is that the students in Marmara University (x̄: 3,64) plan more leisure time than the students of Kilis 7 Aralık University (x̄: 3,36). There was no significant difference in other sub-dimensions.

Table 3. One-Way ANOVA Test Between Age Variable and Leisure Time Attitude

	One-Way ANOVA					Post Hoc Analysis Tukey HSD			Descriptive Statistics		
Dimensions	Age Group	KT	KO	F	p	(I) age	(J) age	p	x̄	SS	Difference
Leisure Time Attitudes	Between Groups	14.423	4.808	8.331	0.000*	a-18-20	21-23	.031*	1.85	0.83	a>b
							24-25	.030*			a<c
						b-21-23	18-20	.031*	1.58	0.66	b<c and d
							24-25	.001*			
							26<	.005*			
	In Group	162.149	0.577			c-24-25	18-20	.030*	2.53	0.28	
							21-23	.001*			
						d-26<	21-23	.005*	2.57	0.16	

P<0,05

According to the data in Table 3, a significant difference was found between age variable and leisure attitude sub-dimension. (f value = 8,331, p = 0,000 <.05). It was understood that the difference was caused by the groups of 18-20 years (x̄: 1,85) and 21-23 years (x̄: 1,58) and 24-25 years (x̄: 2,53) (a> b and a <c). The other difference obtained in the

findings is understanding of differences (b<c and d) between the ages of 21-23 years (x̄: 1,58) and 24-25 years (x̄: 2,53) and 26 years and older (x̄: 2,57). It is understood that there is a low level of leisure attitude among the age groups of 21-23 age group. There was no significant difference in other sub-dimensions.

Table 4. One-Way ANOVA Test Between Class Variable and Programming

	One Way ANOVA					Post Hoc Analysis Tukey HSD			Descriptive Statistics		
Dimension	Class Group	KT	KO	F	p	(I) class	(J) class	p	x̄	SS	Difference
Programming	Between Groups	11.844	3.948	4.107	0.007	a-1. class	b-2 class	1.000	3.41	0.99	a<d
							c-3 class	0.076			
							d-4 class	0.027*			
	In Group	270.098	0.961			d-4. class	a-1 class	0.027*	3.85	1.01	
							b-2 class	0.653			
							c-3 class	0.970			

P<0.05

According to the data in Table 4, a significant difference (f value = 4,107, p = 0,007 <.05) was found between the class variable and the programming sub-dimension. It is understood that the difference is

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between 1st grades (x̄: 3,41) and 4th grades (x̄: 3,85) and as a result, the programming skills of 4th grade students are more developed. There was no significant difference in other sub-dimensions

Table 5. One-Way ANOVA Test Between Leisure Time Activity Day Variable and Programming

Dimension	Leisure Time Activity Day	KT	KO	F	p	(I) day	(J) day	p	$\bar{x}$	SS	Difference
						a-1 day	2-3 days	0.004*			
							4-5 days	0.369	2.13	0.89	
	Between Groups	10.307	3.436				6-7 days	0.002*			
						b-2-3 days	1 days	0.004*			a>b and d
Programming				5.806	0.001		4-5 days	0.484	1.71	0.66	
							6-7 days	0.551			
	In Group	166.265	.592			d-6-7 days	1 days	0.002*			
							2-3 days	0.551	1.52	0.68	
							4-5 days	0.129			

P<0.05

According to the data in Table 5, a significant difference was found between the free time activity day variable and the leisure attitude sub-dimension (f value = 5.806, p = 0.001 <.05). The difference (a> b and d) was found between 1 day ($\bar{x}$: 2.13) and 2-3 days ($\bar{x}$: 1.71) and 6-7 days ($\bar{x}$: 1.52) between groups. As a result, it is understood that 1-day activities are doing by more programming. There was no significant difference in other sub-dimensions.

DISCUSSION

Leisure time is the times when we feel the freedom in our inner world where hopes and dreams determine our daily life and our future life. In the management of this time, there are many effects from social environment besides personal skill. According to the data obtained from the study, it was observed that Marmara University students had more participation than Kilis 7 Aralık University. This result is thought to be caused by the number of students. When we examine the gender variable of the participants, it was seen that the male students had more participation, the age variable was between the ages of 18-20, and the class variable was the 1st grade students. According to the days of participation in activities, it is seen that the students have the habits to participate in leisure activities for 2-3 days per week. In different studies, (18) stated that the majority of students play mobile games as leisure activities. In addition, it was concluded that the students who were staying in studio apartments by (11) spent time on internet in their recreational

activities in the study of leisure time habits. In the study conducted by (6), it was stated that the weekly free time period of the participants was between 1 and 5 hours. (19) in the study conducted with the public employees with grooves of 1-3 hours a day are specified daily. Istanbul and Kilis provinces are cities with different locations and development levels. Students living in different cities according to their own way of living and leisure time management has been the subject of curiosity. As a result of our study, it was understood that there was a significant difference between the two universities studied, and that Marmara University students were better at managing leisure time and more successful in programming. In our study, it was stated that there was no significant difference according to gender variable, and there was no difference between gender variable just as in the study free time management conducted by (6). While there was a significant difference between the students' classroom variables and the level of programming, it was observed that this difference was between 1st grades and 4 grades, and it was seen that 4th grade

students were more successful in programming in their free time. In a different study by (8), it was stated that those who went to the gym were more interested in programming their free time. It was found that there is a significant difference between the participants' leisure time activity and leisure time attitudes. As a result of the statistical data, it is observed that those who have 1-day free time activity have more free time attitudes than those who activate 2-3 days and 6-7 days. In a similar study by (13), it was concluded that young police officers working in the Police Department were more involved in leisure activities as they improved their habits in leisure activities. If we examine the researches in this field; (3) marked that the students' daily leisure time influences their attitudes in leisure time activities, and those who are more successful in their studies are more positive towards leisure activities compared to others. However, in another study by (16) He mentioned that the students spend their time relaxing, but they are not conscious of managing leisure time despite having sufficient awareness about the usefulness of leisure activities. By (23) stated that there is a lack of information and guidance on how to evaluate leisure time. A different study by (12) the important part is that people who are mostly young people play football for active recreation in their leisure time habits and they do activities just like listening music, watching TV and reading books for passive reconditioning.

CONCLUSION

As a result, it is understood that the students who study in physical education and sports in the university have spare time 2-3 days a week. However, it is understood that the majority of students do a maximum of one day of leisure time activity per week. It is thought that as age increases, students are more successful in leisure time management and this is due to their experience in more leisure activities. It is understood that when students have leisure management purposes, more meaningful things are done and evaluation and programming skills are developed in this regard. However, as it is stated in the literature, it is understood that the developing technology has a negative effect on the leisure time of the individual due to the global capital in the clamp of production and consumers. It should be taken into consideration that students who are studying at the university need occasional awareness and need to be guided for their leisure time activities. For this reason, it is thought that it will be more effective to

apply the lessons to some applications and field studies. It has been understood that leisure time is better managed in metropolitan cities and that students who are studying at the university should be directed to leisure time activities.

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