

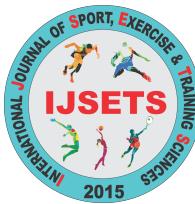
INTERNATIONAL JOURNAL OF SPORT, EXERCISE & TRAINING SCIENCES

ISSN: 2149-8229

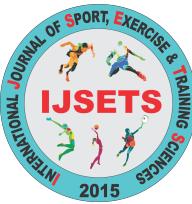


VOLUME 4, ISSUE 4, DECEMBER 2018

CILT 4, SAYI 4, ARALIK 2018



INTERNATIONAL JOURNAL OF SPORT, EXERCISE & TRAINING SCIENCES

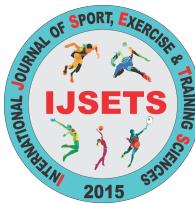


This journal has been indexed by DOAJ (Directory of Open Access Journal), Tubitak Ulakbim, Google Scholar, Eurasian Scientific Journal Index, Index Copernicus (ICV 2016, 69.46), Turkish Citation Index, ASOS Index, Turkish Education Index, Academic Resource Index, Scientific World Indexing, SOBIAD, Cosmos Impact Factor, Academic Keys, Erih Plus, CrosReff, Root Indexing, Science Library Index, InfoBase Index (IBI Factor 2017, 2.8), U.S. National Library of Medicine - National Institutes of Health, Electronic Journals Library, WorldCat, MIAR, Arastirmax Scientific Publication Index, Akademik Dizin (Akademik Türk Dergileri İndeksi), CABI Abstracts, IdealOnline, Turk Medline, ROAD (Directory of Open Access Scholarly Resources), BASE (Bielefeld Academic Search Engine), International Innovative Journal Impact Factor (IIJIF), and Genamics JournalSeek.

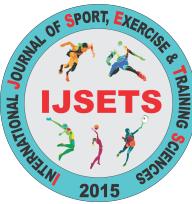
Bu dergi DOAJ (Directory of Open Access Journal), Tubitak Ulakbim, Google Scholar, Eurasian Scientific Journal Index, Index Copernicus (ICV 2016, 69.46), Turkish Citation Index, ASOS Index, Turkish Education Index, Academic Resource Index, Scientific World Indexing, SOBIAD, Cosmos Impact Factor, Academic Keys, Erih Plus, CrosReff, Root Indexing, Science Library Index, InfoBase Index (IBI Factor 2017, 2.8), U.S. National Library of Medicine - National Institutes of Health, Electronic Journals Library, WorldCat, MIAR, Arastirmax Scientific Publication Index, Akademik Dizin (Akademik Türk Dergileri İndeksi), CABI Abstracts, IdealOnline, Turk Medline, ROAD (Directory of Open Access Scholarly Resources), BASE (Bielefeld Academic Search Engine), International Innovative Journal Impact Factor (IIJIF), and Genamics JournalSeek tarafından indekslenmektedir.



I J S E T S
2 0 1 5



INTERNATIONAL JOURNAL OF SPORT, EXERCISE & TRAINING SCIENCES



VOLUME 4, ISSUE 4, December 2018

CILT 4, SAYI 4, Aralık 2018

Owner / Sahibi

On the behalf of the International Journal of Sport, Exercise & Training Sciences / Uluslararası Spor, Egzersiz & Antrenman Bilimi Dergisi adına
İbrahim ERDEMİR

Editors in Chief / Baş Editörler

PhD. R. Gül Tiryaki SÖNMEZ
PhD. İbrahim ERDEMİR

Biostatistics Editor / Biyoistatistik Editörü

PhD. İmran KURT ÖMÜRLÜ

Editors / Editörler

PhD. Ahmet Şadan ÖKMEN
PhD. Brad SCHOENFELD
PhD. Bülent GÜRBÜZ
PhD. Cem KURT
PhD. İlhan ADİLOĞULLARI
PhD. Mustafa Levent İNCE
PhD. Mehmet YANIK
PhD. Özcan SAYGIN
PhD. Ratko PAVLOVIĆ
PhD. Zafer ÇİMEN

Publishing Coordinator / Yayın Koordinatörü

Recep Fatih KAYHAN

Editing / Yazım Kontrol

Murat KASAP
Sercan YILMAZ

Official Languages / Yayın Dili

English – Turkish

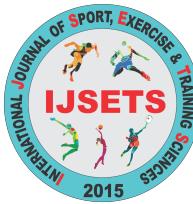
International Journal of Sport, Exercise & Training Sciences / Uluslararası Spor, Egzersiz & Antrenman Bilimi Dergisi
Published Electronically 4 times a year / Yılda 4 kez elektronik olarak yayınlanır.

Copyright © 2015 - İbrahim ERDEMİR

I J S E T S
2 0 1 5



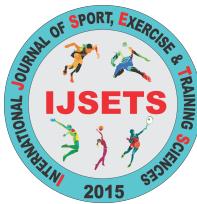
INTERNATIONAL JOURNAL OF SPORT, EXERCISE & TRAINING SCIENCES



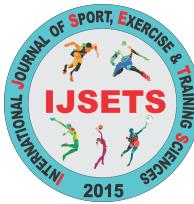
EDITORIAL BOARD / YAYIN KURULU (2018) (ALPHABETICAL ORDER / ALFABETIK SIRA)

Abdussalam KANIYAN	Univ. of Calicut, Kerala, India	Kadir YILDIZ	Celal Bayar Univ., Turkey
Adil Deniz DURU	Marmara Univ., Turkey	Kemal GÖRAL	Muğla Sitki Koçman Univ., Turkey
A. Haktan SIVRIKAYA	Balıkesir Univ., Turkey	Kerem Yıldırım ŞİMŞEK	Anadolu Univ., Turkey
Ahmet YAPAR	Çanakkale Onsekiz Mart Univ., Turkey	Kubiyal ÖCAL	Muğla Sitki Koçman Univ., Turkey
Aksel Çelik	Dokuz Eylül Univ., Turkey	Levent ATALI	Kocaeli Univ., Turkey
Ali KIZILET	Marmara Univ., Turkey	Manolya AKIN	Mersin Univ., Turkey
Ali TEKİN	Bitlis Eren Univ., Turkey	Marko VIDNJEVIĆ	Univ. of Primorska, Koper, Slovenia
Alpay GÜVENÇ	Akdeniz Univ., Turkey	Mehmet Akif ZİYAGİL	Mersin Univ., Turkey
Amin AZIMKHANI	Univ. of International Imam Reza, Iran	Mehmet DEMİREL	Kütahya Dumlupınar Univ., Turkey
Antonio DAMASIO	Polytechnic Institute of Coimbra, Portugal	M. Fatih KARAHÜSEYİNÖĞLU	Fırat Univ., Turkey
Banış GÜROL	Anadolu Univ., Turkey	Mehmet KALE	Anadolu Univ., Turkey
Birgül ARSLANOĞLU	İstanbul Technical Univ., Turkey	Mehmet Zeki ÖZKOL	Ege Univ., Turkey
Can ÖZGİDER	Çanakkale Onsekiz Mart Univ., Turkey	Melike ESENTAŞ	Batman Univ., Turkey
Cem Sinan ASLAN	Mehmet Akif Ersoy Univ., Turkey	Metin ARGAN	Anadolu Univ., Turkey
Cevdet CENGİZ	Çanakkale Onsekiz Mart Univ., Turkey	Müberra ÇELEBİ	Abant İzzet Baysal Univ., Turkey
Dana BADAU	Univ. of Med. and Pharm. of Tîrgu Mures, Romania	Muhammed Emin KAFKAS	İnönü Univ., Turkey
Daniela DASHEVA	National Sports Academy, Sofia, Bulgaria	Murat KANGAL	Cumhuriyet Univ., Turkey
Deniz İnal İNCE	Hacettepe Univ., Turkey	Murat TEKİN	Karamanoğlu Mehmet Bey Univ., Turkey
Eda AĞAŞCIOĞLU	Çankaya Univ., Turkey	Mümine SOYTÜRK	Celal Bayar Univ., Turkey
Ekim PEKÜNLÜ	Ege Univ., Turkey	Nuran Kandaz GELEN	Sakarya Univ., Turkey
Enden ŞENEL	Muğla Sitki Koçman Univ., Turkey	Oğuz ÖZBEK	Ankara Univ., Turkey
Erdinç ŞIKTAR	Atatürk Univ., Turkey	Oya ERKUT	Marmara Univ., Turkey
Erhan DEVRİLMEZ	Karamanoğlu Mehmet Bey Univ., Turkey	Ozan ATALAG	University of Hawai'i, Hilo – USA
Erman ÖNCÜ	Karadeniz Technical Univ., Turkey	Önder DAĞLIOĞLU	Gaziantep Univ., Turkey
Ertan TÜFEKÇİOĞLU	King Fahd Univ. of Pet. and Miner, Saudi Arabia	Önder ŞEMŞEK	Abant İzzet Baysal Univ., Turkey
Esen Kızıldağ KALE	Nişantaşı Univ., Turkey	Özden Tepeköylü ÖZTÜRK	Pamukkale Univ., Turkey
Evren Tercan KASS	Akdeniz Univ., Turkey	Özhan BAVLI	Çanakkale Onsekiz Mart Univ., Turkey
Faik VURAL	Ege Univ., Turkey	Özlem KIRANDI	İstanbul Univ., Turkey
Faruk TURGAY	Ege Univ., Turkey	Pawel TOMASZEWSKI	Józef Piłsudski Univ. of Phys. Educ., Poland
Fatma Çelik KAYAPINAR	Mehmet Akif Ersoy Univ., Turkey	Recep GÖRGÜLÜ	Uludağ Univ., Turkey
Fatma ÇEPİKKURT	Mersin Univ., Turkey	Rıdvan ÇOLAK	Ardahan Univ., Turkey
Fatma Saçlı UZUNÖZ	Hacı Bektaşı Veli Univ., Turkey	Robert C. SCHNEIDER	The Coll. at Brockport, State Univ. of NY, US
Ferman KONUKMAN	Qatar Univ., Doha, Qatar	Romuald STUPNICKI	Józef Piłsudski Univ. of Phys. Educ., Poland
Funda KOÇAK	Ankara Univ., Turkey	Rüchan İRİ	Ömer Halis Demir Univ., Turkey
Francisco CAMPOS	Polytechnic Institute of Coimbra, Portugal	Sadettin KIRAZCI	Middle East Technical Univ., Turkey
Gabriel L. TALAGHIR	"Dunărea de Jos" University of Galați, România	Sema Alay ÖZGÜL	Marmara Univ., Turkey
Gönlü İREZ	Muğla Sitki Koçman Univ., Turkey	Serap MUNGANAY	Marmara Univ., Turkey
Gül BALTAÇI	Hacettepe Univ., Turkey	Serkан HACICAFOEROĞLU	Recep Tayyip Erdogan Univ., Turkey
Gülten ÖKMEN	Muğla Sitki Koçman Univ., Turkey	Settar KOÇAK	Middle East Technical Univ., Turkey
Hakan SUNAY	Ankara Univ., Turkey	Sevda ÇİFTÇİ	Sakarya Univ., Turkey
Hakki ULUCAN	Erçiyas Univ., Turkey	Sırri Cem DİNÇ	Celal Bayar Univ., Turkey
Halil SAROL	Kırıkkale Univ., Turkey	Stevo POPOVIC	University of Montenegro, Montenegro
Hamdi Alper GÜNGÖRMÜŞ	Celal Bayar Univ., Turkey	Şahin ÖZEN	Marmara Univ., Turkey
Hatice ÇAMLIYER	Celal Bayar Univ., Turkey	Şerife VATANSEVER	Uludağ Univ., Turkey
Hayrettin GÜMÜŞDAĞ	Bozok Univ., Turkey	Tameka BATTLE	Laguardia Community Coll., NY, US
Hayri AYDOĞAN	Recep Tayyip Erdogan Univ., Turkey	Tennur Yerlisu LAPA	Akdeniz Univ., Turkey
Hayriye Çakır ATABEK	Anadolu Univ., Turkey	Tolga AKŞIT	Ege Univ., Turkey
Hüseyin GÜMÜŞ	Mersin Univ., Turkey	Turgay BİÇER	Marmara Univ., Turkey
Hüseyin ÜNLÜ	Aksaray Univ., Turkey	Utku ALEMDAROĞLU	Pamukkale Univ., Turkey
Ibrahim CİCİOĞLU	Gazi Univ., Turkey	Ümid KARLI	Abant İzzet Baysal Univ., Turkey
Jan GAJEWSKI	Józef Piłsudski Univ. of Phys. Educ., Poland	Yusuf KÖKLÜ	Pamukkale Univ., Turkey
Jarosław CHOLEWA	Academy of Phys. Educ., Katowice, Poland	Yüksel SAVUCU	Fırat Univ., Turkey
Josephen Joy REYES	Univ. of Santo Tomas, Manila, Philippines	Zekai PEHLİVAN	Mersin Univ., Turkey

I J S E T S
2018



INTERNATIONAL JOURNAL OF SPORT, EXERCISE & TRAINING SCIENCES



CONTENTS

VOLUME 4, ISSUE 4 DECEMBER 2018

İÇİNDEKİLER

CILT 4, SAYI 4, ARALIK 2018

PAGE / SAYFA

SCIENCE OF RECREATION & LEISURE

An Investigation of Adult's Leisure Boredom, Perceived Social Competence and Self-Esteem

Yetişkinlerde Serbest Zamanda Sıkılma Algısı, Algılanan Sosyal Yetkinlik ve Benlik Saygısı Düzeyinin İncelenmesi

Feyza Meryem Kara, Bülent Gürbüz, Halil Sarol 113–121

SCIENCE OF EXERCISE & SPORTS PSYCHOLOGY

The Effect of Apparatus Use on Athletes' Attention Performance in Sports Branches Playing with Ball: Pilot Study

Top ile Oynanan Spor Branşlarında Aparat Kullanımının, Sporcu Dikkat Performansı Üzerine Etkisi: Pilot Çalışma

Gonca İnce, Ali Yıldırım 122–130

REVIEW

Myofascial Training Paradigm

Myofasyal Antrenman Yaklaşımı

İlbilge Özsu, Cem Kurt 131–139

I
J
S
E
T
S