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We invite high-quality articles, review papers, case studies of theoretical, and empirical, conceptual, and experimental research solely on sport-related themes in a properly formatted file as per the author guidelines. We do our best to have evaluated all the submissions through a fast double-blind review process by our international scientific board and publish them in the following issue. Articles submitted in IntJSCS for consideration should not have been published elsewhere and should not be submitted for review elsewhere during the duration of evaluation. As mentioned in the general scope of the journal, we value submissions from different regions of the world in order to reach a real international coverage. Last, but not the least, we promote researchers to use our open access articles in their researches and to contribute to the development of our journal through their citations.

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## Investigation of Fair Behavior Tendencies of Students Studying at the Faculty of Sports Sciences (Isparta and Mersin Province Example)

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### Abstract

The aim of this study is to examine the tendencies of students studying at the faculty of sports sciences to show fair behavior. The research is designed in scanning model. 214 students studying at Süleyman Demirel and Mersin University Faculty of Sport Sciences participated in the study on a voluntary basis. Fair Behavior Scale developed by Güleç (2018) was used as the data collection tool. A statistical analysis program was used for the analysis of the data obtained. As a result of the normality test, it was determined that the data were not distributed normally, and accordingly, Mann Whitney U test for paired comparisons and Kruskal Wallis test for multiple comparisons were analyzed. Post-Hoc Tamhane's T2 test was conducted to determine among which variables the significant difference detected in multiple comparisons. According to the findings obtained from the analysis, a statistically significant difference was found among the variables of gender, age, university, department, class, branch and place of birth and grew up in terms of tendencies to show fair behavior. As a result, in this study, it was observed that there was a difference between the tendencies of students studying at sports science faculties of universities to show fair behavior.

**Keywords:** Fair Behavior, Education, Sports



## Introdoction

Makaleler Microsoft Word dosyası; Font: Normal, Times New Roman, 12 punto, tek aralıklı ve önce sonra aralıkları 6nk olmalıdır; paragraflar girintisiz; Tüm kenarlardan 2.5 cm boşluklu; Makale başlığında ilk harfler büyük (Ör. “The Relationship between Multiple Intelligence and Academic Motivation”); Şekiller ve Tabloların isimlerinde ilk harfler büyük (Ör. Şekil 1.Relationship Diagram between Multiple Intelligence and Aacademic Motivation, Tablo 1. Hedef Kitlenin Yıllık Ortalama Gelirleri). Şekil isimleri altta, Tablo isimleri ise üstte verilmelidir. Introdoction

Human behavior is shaped by various needs and basic impulses. Self-efficacy, control, cognitive consistency, harmony, self-esteem, need for meaning and sense of justice are some of these factors (Kılınç & Torun, 2011). A high self-efficacy belief may affect individuals' higher motivation and cognitive consistency by causing them to set higher goals for themselves and to be consistent in their decisions (Azar, 2010). Cognitive consistency; It is based on the judgment that people are in an effort to act in a controlled manner in order to be in the desired psychological state (Buluş, 2001). Control; It is the degree to which an individual accepts individual responsibility as a result of his own behavior and acts fairly (Çoban & Hamamcı, 2006). Justice; It can be considered as an absolute thought that emerges as a result of people's self-judgment and evaluation, evaluates whether their behavior is in line with ethical rules, and criticizes them objectively (Özkan, 1994; Doğangün, 2020).

According to the just world belief, people love the belief of living in a just and fair world, and therefore they think that they live in a just and fair world (Kılınç & Torun, 2011). Just as the members of the society are sensitive to complying with all the rules in general and showing merit to the justice system, they always behave in accordance with fairness in the field of sports. Unsportsmanlike acts outside the rules permitted in sport, which are not specifically permitted and are taken to gain an advantage, are considered morally "wrong". In this sense, our attitudes and behaviors in all areas of life, as well as in the field of sports, should be kept in certain criteria. This will make it easier for people living together to have mutual trust and therefore to live together without any problems. Its appearance in sports is also not different, it is only fooling themselves when people in the same category participating in competitions compete with each other, gaining superiority against their opponents by illegally buying different things from outside (Hasırcı, 2021). The general aim of sports is to raise a youth who is virtuous, gives importance to moral values, is happy, healthy and can produce something in his life (Böyükelhan et al., 2019).

In this study, it is aimed to examine the fair behavior tendencies of the students studying at the faculties of sports sciences.

## Method

### Model of the Research

The survey model, which is one of the non-experimental quantitative research types, was used in the study. In the non-experimental research model, the researcher does not intervene. The existing situation is examined within the scope of the research as it is (Şata, 2020).

### Research Population and Sample

Although 20 universities were reached in the beginning in the research, since there was not enough voluntary participation (the number of volunteers filling the survey was less than ten), the research was limited to the students studying at the Faculty of Sports Sciences of Süleyman Demirel and Mersin University, where the number of volunteer participants was high.

A total of 214 volunteer students, one hundred and eleven (111) students (36.9%) from Süleyman Demirel University and one hundred three (103) students (34.2%) from Mersin University, participated in the research.

### Research Ethics

All participants who participated in the research on a voluntary basis were informed in detail about the research. People who fill out the questionnaires, name-surname, etc. They certainly did not state their information. In the research, no behavior or action was taken that would make the participants suffer. The research was conducted in accordance with the ethical principles that must be followed in scientific research.

### Data collection tool

It was used with a personal information form containing the demographic information of the participants. The Fair Behavior Scale developed by Güleç (2018) was used as a data collection tool. This scale is designed as a 4-point Likert scale and consists of 40 questions. The validity score of the scale was determined as .89. After the internal-consistency analysis to test the reliability of the scale, the general reliability value of Showing Fair Behavior was .87, and the sub-dimensions of the scale were respectively; ,95 in faith-worship sub-dimension; ,7 in awareness sub-dimension; ,78 in the escrow-accuracy sub-dimension; It was determined as .76 in the sub-dimension of being away from prejudice and .78 in the sub-dimension of avoiding waste.

### Data Collection

The data of the research were prepared by the 214 sports science faculty students, who constitute the sample, through the google form and they were filled in on a voluntary basis.

### Analysis of Data

It was checked whether the data showed a normal distribution or not. As a result of the analysis, it was determined that the data did not show a normal distribution. Since the data did not show a normal distribution, Mann Whitney-U test, one of the non-parametric tests, was used in comparisons between two variables, Kruskal Wallis-H test was used in comparisons between more than two variables, and in case of a difference between variables, Post-Hoc (Tamhane's test) was used to determine between which variables the difference was. T2) test was used.

## Results

Table 1. Percentage distribution of students according to demographic variables

		f	%
Gender	Male	110	51,4
	Female	104	48,6

Age	18-20	118	55,1
	21-23	96	44,9
University	Süleyman Demirel University	111	51,9
	Mersin University	103	48,1
Department	Physical Education and Sports Teaching	135	63,1
	Coaching	44	20,6
	Sports Sciences	35	16,4
Class	First	62	29,0
	Second	60	28,0
	Third	68	31,8
	Fourth	24	11,2
Branch	Team Sports	134	62,6
	Individual Sports	54	25,2
	No Branch	26	12,1
Place of birth	Big City	76	35,5
	Province	61	28,5
	District	77	36,0
	Total	214	100

When the demographic information in Table 1 is examined, it is seen that the percentages of the participants are close to each other in terms of gender, age and university variables.

Table 2. Comparison of students according to gender variable

Scale Sub-Dimensions	Gender	N	Mean Rank	Sum of Ranks	Z	U	P
Faith-worship dimension	Male	110	99,43	10937,50	-1,977	4832,500	,048
	Female	104	116,03	12067,50			
Awareness dimension	Male	110	114,29	12572,00	-1,658	4973,000	,097

	Female	104	100,32	10433,00			
Safety-accuracy	Male	110	108,04	11884,00	-0,132	5661,000	,894
	Female	104	106,93	11121,00			
Be free from prejudice	Male	110	118,26	13008,50	-2,712	4536,500	,006
	Female	104	96,12	9996,50			
The dimension of avoidance of waste	Male	110	108,75	11962,00	-0,330	5583,000	,741
	Female	104	106,18	11043,00			

According to Mann-Whitney-U test results, there was a statistically significant difference between men and women in terms of faith-worship dimension (U= 4832,500, p<0.05) and being away from prejudice (U= 4536,500, p<0.05). (Table 2).

Table 3. Comparison of students according to age variable

Scale Sub-Dimensions	Age	N	Mean Rank	Sum of Ranks	Z	U	P
Faith-worship dimension	18-20	118	101,26	11949,00	-1,648	4928,000	,099
	21-23	96	115,17	11056,00			
Awareness dimension	18-20	118	113,70	13416,50	-1,632	4932,500	,103
	21-23	96	99,88	9588,50			
Safety-accuracy	18-20	118	109,05	12868,00	-,414	5481,000	,679
	21-23	96	105,59	10137,00			
Be free from prejudice	18-20	118	117,56	13872,00	-2,734	4477,000	,006
	21-23	96	95,14	9133,00			
The dimension of avoidance of waste	18-20	118	108,72	12829,00	-,349	5520,000	,727
	21-23	96	106,00	10176,00			

According to the Man-Whitney-U test results, there is a statistically significant difference between the ages of 18-20 and 21-23 years in terms of being away from prejudice (U= 4477,000, p<0.05) (Table 3).

Table 4. Comparison of students according to university variable

Scale Sub-Dimensions	University	N	Mean Rank	Sum of Ranks	Z	U	P
Faith-worship dimension	Süleyman Demirel University	111	99,39	11032,50	-2,006	4816,500	,045
	Mersin University	103	116,24	11972,50			

Awareness dimension	Süleyman Demirel University	111	113,65	12615,50	-1,517	5033,500	,129
	Mersin University	103	100,87	10389,50			
Safety-accuracy	Süleyman Demirel University	111	107,95	11982,50	-,113	5666,500	,910
	Mersin University	103	107,01	11022,50			
Be free from prejudice	Süleyman Demirel University	111	117,45	13037,00	-2,532	4612,000	,011
	Mersin University	103	96,78	9968,00			
The dimension of avoidance of waste	Süleyman Demirel University	111	109,18	12119,00	-,450	5530,000	,653
	Mersin University	103	105,69	10886,00			

According to the Man-Whitney-U test results, there was a statistically significant difference between Süleyman Demirel and Mersin University in terms of faith-worship dimension (U= 4816,500, p<0.05) and being away from prejudice (U= 4612,000, p<0.05). It is seen that there is a difference (Table 4).

Table 5. Comparison of the students according to the department variable

Scale Sub-Dimensions	Department	Mean		X <sup>2</sup>	df	P	Tamhane's T2
		N	Rank				
Faith-worship dimension	Physical Education and Sports Teaching <sup>(a)</sup>	135	103,86	1,429	2	,489	
	Coaching <sup>(b)</sup>	44	111,36				
	Sports Sciences <sup>(c)</sup>	35	116,67				
Awareness dimension	Physical Education and Sports Teaching <sup>(a)</sup>	135	115,63	6,440	2	,040	<b>a&gt;b*</b>
	Coaching <sup>(b)</sup>	44	91,99				
	Sports Sciences <sup>(c)</sup>	35	95,63				
Safety-accuracy	Physical Education and Sports Teaching <sup>(a)</sup>	135	110,10	1,219	2	,544	
	Coaching <sup>(b)</sup>	44	98,55				
	Sports Sciences <sup>(c)</sup>	35	108,74				
Be free from prejudice	Physical Education and Sports Teaching <sup>(a)</sup>	135	114,42	6,227	2	,044	<b>a&gt;b*</b>
	Coaching <sup>(b)</sup>	44	88,82				
	Sports Sciences <sup>(c)</sup>	35	104,30				
The dimension of avoidance of waste	Physical Education and Sports Teaching <sup>(a)</sup>	135	111,30	1,982	2	,371	
	Coaching <sup>(b)</sup>	44	97,69				
	Sports Sciences <sup>(c)</sup>	35	105,17				

According to Kruskal Wallis test results, there is a statistically significant difference between departments in terms of 'Awareness' and 'Being Free from Prejudice' (p<0.05). According to the Post-Hoc (Tamhane's T2) results made to determine between which departments the difference is, it was

determined that the average difference scores of the students in the Physical Education and Sports Teaching department were higher than the students in the Coaching Education department (Table 5).

Table 6. Comparison of the students according to the class variable

Scale Sub-Dimensions	Class	N	Mean Rank	$\chi^2$	df	P	Tamhane's T2
Faith-worship dimension	First <sup>(a)</sup>	62	95,25	3,603	3	,308	
	Second <sup>(b)</sup>	60	111,47				
	Third <sup>(c)</sup>	68	114,37				
	Fourth <sup>(d)</sup>	24	109,77				
Awareness dimension	First <sup>(a)</sup>	62	115,81	4,103	3	,251	
	Second <sup>(b)</sup>	60	113,89				
	Third <sup>(c)</sup>	68	98,26				
	Fourth <sup>(d)</sup>	24	96,23				
Safety-accuracy	First <sup>(a)</sup>	62	109,65	2,829	3	,419	
	Second <sup>(b)</sup>	60	111,95				
	Third <sup>(c)</sup>	68	97,89				
	Fourth <sup>(d)</sup>	24	118,04				
Be free from prejudice	First <sup>(a)</sup>	62	129,41	19,540	3	,000	<b>a&gt;c*</b>
	Second <sup>(b)</sup>	60	105,81				
	Third <sup>(c)</sup>	68	84,55				
	Fourth <sup>(d)</sup>	24	120,15				
The dimension of avoidance of waste	First <sup>(a)</sup>	62	104,65	1,724	3	,632	
	Second <sup>(b)</sup>	60	114,95				
	Third <sup>(c)</sup>	68	102,69				
	Fourth <sup>(d)</sup>	24	109,88				

According to Kruskal Wallis test results, there is a statistically significant difference between classes in terms of being away from prejudice ( $p < 0.05$ ). According to the results of the Post-Hoc (Tamhane's T2) test, which was conducted to determine between which departments the difference was, it was determined that the average difference scores of the first-year students were higher than the third-year students (Table 6).

Table 7. Comparison of the students according to the branch variable

Scale Sub-Dimensions	Branch	N	Mean Rank	$\chi^2$	df	P	Tamhane's T2
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Faith-worship dimension	Team Sports <sup>(a)</sup>	134	103,41				
	Individual Sports <sup>(b)</sup>	54	116,00	1,709	2	,426	
	No Branch <sup>(c)</sup>	26	110,90				
Awareness dimension	Team Sports <sup>(a)</sup>	134	115,08				
	Individual Sports <sup>(b)</sup>	54	92,00	5,767	2	,056	
	No Branch <sup>(c)</sup>	26	100,63				
Safety-accuracy	Team Sports <sup>(a)</sup>	134	110,43				
	Individual Sports <sup>(b)</sup>	54	94,31	3,929	2	,140	
	No Branch <sup>(c)</sup>	26	119,79				
Be free from prejudice	Team Sports <sup>(a)</sup>	134	114,43				<b>a&gt;b*</b>
	Individual Sports <sup>(b)</sup>	54	87,05	8,485	2	,014*	
	No Branch <sup>(c)</sup>	26	114,25				
The dimension of avoidance of waste	Team Sports <sup>(a)</sup>	134	110,96				
	Individual Sports <sup>(b)</sup>	54	97,36	2,310	2	,315	
	No Branch <sup>(c)</sup>	26	110,73				

According to Kruskal Wallis test results, there is a statistically significant difference between branches in terms of being away from prejudice ( $p < 0.05$ ). According to the results of the Post-Hoc (Tamhane's T2) test, which was conducted to determine between which branches the difference was, it was determined that the average difference scores of the students who did team sports were higher than the students who did individual sports (Table 7).

Table 8. Comparison of the students according to the place where they were born and raised

Scale Sub-Dimensions	Place of birth	l	Mean Rank	$X^2$	df	P	Tamhane's T2
Faith-worship dimension	Big City <sup>(a)</sup>	1	98,34				
	Province <sup>(b)</sup>	1	110,74	2,717	2	,257	
	District <sup>(c)</sup>	1	113,97				
	Big City <sup>(a)</sup>	1	117,07	7,222	2	,027	<b>a&gt;c*</b>

Awareness dimension	Province <sup>(b)</sup> ( )	114,56		
	District <sup>(c)</sup> ( )	92,46		
	Big City <sup>(a)</sup> ( )	107,91		
Safety-accuracy	Province <sup>(b)</sup> ( )	112,39	,781	2 ,677
	District <sup>(c)</sup> ( )	103,22		
	Big City <sup>(a)</sup> ( )	124,88		<b>a&gt;c*</b>
Be free from prejudice	Province <sup>(b)</sup> ( )	101,53	10,397	2 ,006
	District <sup>(c)</sup> ( )	95,07		
	Big City <sup>(a)</sup> ( )	108,69		
The dimension of avoidance of waste	Province <sup>(b)</sup> ( )	113,99	1,789	2 ,409
	District <sup>(c)</sup> ( )	101,18		

According to Kruskal Wallis test results, there is a statistically significant difference between the place where he was born and raised in terms of 'Awareness' and 'Being Free from Prejudice' ( $p < 0.05$ ). According to the results of the Post-Hoc (Tamhane's T2) test, which was conducted to determine between which living places the difference was, it was determined that the average difference scores of the students born and raised in the metropolitan city were higher than the students born and raised in the district (Table 8).

According to Kruskal Wallis test results, there is a statistically significant difference between the place where he was born and raised in terms of 'Awareness' and 'Being Free from Prejudice' ( $p < 0.05$ ). According to the results of the Post-Hoc (Tamhane's T2) test, which was conducted to determine between which living places the difference was, it was determined that the average difference scores of the students born and raised in the metropolitan city were higher than the students born and raised in the district (Table 8).

## Discussion

In terms of gender variable, a difference was found between the sub-dimensions of belief-worship and being free from prejudice ( $p < 0.05$ ). While these results were in favor of women in terms of belief-worship sub-dimension, it was found that in the sub-dimension of being free from prejudice, they showed results in favor of male students (Table 2). According to the belief-worship sub-dimension, factors such as the way women are raised, the society's perspective on women, and the geographical region where they were born and raised are thought to affect the relevant sub-dimension. According to the sub-dimension of being away from prejudice, it is thought that the perception of women and men in society based on acculturation, and the perception that arises from the free and relatively comfortable



upbringing of men in patriarchal societies affects the tendency of people to be prejudiced. As a result of the study, in the study conducted by Başar (2017), it was determined that there is a difference between the prejudices of women and men, and that men are more prejudiced than women. In the study conducted by Akıncı (2020), it was determined that according to the gender variable, men attach more importance to ethics and justice, while women attach importance to clarification of roles and power sharing.

A significant difference was found between the students aged between 18-20 and other age groups in terms of their tendency to be free from prejudice (Table 3). It is thought that students who are in the process of starting a new life and adapting to a new environment by moving away from their families and older students who have started university before and had the opportunity to experience different subjects and events cause a difference in prejudice tendencies over time. In their study, "Examination of burnout levels of university students" by Gündüz et al. (2012), they found that younger university students had a lower tendency to become depersonalized than older students. The result of the study conducted by Gündüz et al. supports the result of the study.

In terms of the university variable, the emergence of different trends between Mersin University and Süleyman Demirel University between the dimensions of faith-worship and being away from prejudice, the cosmopolitan social structure of Mersin province, which has a metropolitan status, the fact that men and women act together in daily affairs in rural life, women and men interact with each other. The fact that the understanding that they are needy in every aspect is at the forefront especially in the highland life, the fact that this understanding affects the society as a result of acculturation, the society receives a large number of immigrants from the point of view of women and men, many people from ethnic origin live together, it is a city with a shanty culture and settled in rural areas. It can be said that it is caused by the culture and values that exist in the world (Table 4). Es and Ateş (2004) found that there is no difference between the perspective of women and men and prejudice in the results of the research titled Urban management, urbanization and migration: problems and solutions. In a study conducted by Akıncı and Karaoğlu (2020), it was emphasized that schools have important responsibilities in terms of justice perception, as they are institutions that ensure the transfer of socio-cultural values of societies to the next generation and invest in people and the future of society.

There is a significant difference in the belief-worship sub-dimension of the students studying in the physical education and sports teaching department compared to the students studying in the coaching education department (Table 5). It can be said that this difference stems from the students studying in the coaching department and that they must enter the relevant department after the requirement to do sports for at least 3 years, that such a condition is not sought for the students studying in the physical education teaching department and that these students have the opportunity to read and research more. Gürkan et al. (2000) found a significant difference between students in terms of 'religious maturity' values in their study called the values system of physical education teacher candidates. They stated that the students studying in the department of physical education teaching are more religious. When we look at the sub-dimension of being away from prejudice, which is another significant difference, it is seen that the students studying in the physical education and sports teaching department; Emotions, thoughts and behaviors such as self-knowledge, being able to control their emotions, finding solutions to their problems, and learning from mistakes are prominent, sports ethics, sports philosophy and some pedagogical courses they take within the scope of the curriculum, the students studying in the relevant department have empathy compared to the students studying

in the coaching education department. It can be said that it is beneficial for the development of their abilities.

It was determined that there was a significant difference between the tendencies of being away from prejudice of the students studying in the first year compared to the students studying in the third year (Table 6). The reason for this may be that these students have just started university life after an intense and stressful preparation for the university exam, the introduction of general culture and department courses in the first year, and being placed in a university program may have affected the first-year students' being more unbiased towards life. From another point of view, as a result of the interaction of the lower classes with the upper classes over time, the fact that the upper class students were not clear about being objective while conveying their own experiences at university to the lower class students, information about the teachers and the courses, had an effect on the tendency of the upper class and lower class students to be free from prejudice. is thought to be.

In terms of the branch variable, a significant difference was found between the students who do team sports and the students who do individual sports in the dimension of being free from prejudice (Table 7). In this case, it is thought that talents such as finding leadership opportunities, the effects of coaches-coaches on the team, efforts to be a team, and empathy are more effective in students who are engaged in team sports. It is thought that it is effective that the students participating in the study are those who do individual sports-oriented Far East sports, the Far East culture is identified with the spirit of the sport and this affects the person doing the sport, they are only responsible for themselves because they do individual competitions, and they generally have to act in a sense of self. Gould and Carson (2008) found that individual athletes experience problems in emotional states related to preconceptions and stress in their study named life skills development through sport, current situation and future directions.

In terms of awareness and being away from prejudice, factors such as the fact that students born-raised in a metropolitan city have higher scores than students born-raised in the district, geographical location, ease and abundance of access to tools and equipment, intensity of business life, and abundance of opportunities, increase the awareness of these students. may have influenced its further development (Table 8). In the study conducted by Kızar (2019), it is stated that people living in rural areas prioritize basic human values in their university life. As a basic human value, we can say that being without prejudice comes first. Pennington et al. (2009) reveal that life in rural life differs on a provincial or metropolitan basis, in their study called the evaluation of differences between metropolitan and town special education services. Although the ethnic structures of this study and the study are different, it can be said that the results of the two studies are different because people focus on their work in metropolitan cities and everyone is in their own life anxiety.

### **Conclusion and Recommendations**

According to the findings obtained in the research; It has been observed that there is a difference among university students in terms of their tendency to show fair behavior between the variables of gender, age, university, department, class, branch and place of birth. It has been determined that students think and behave differently about fair behavior.

Based on all the above-mentioned information; The tendency of students studying at the faculty of sports sciences to behave fairly varies due to many reasons. These changes; how the religious and family education given at a young age affects people, the lifestyle of the students who are interested in team sports and individual sports, being able to tell the truth

completely and completely under all conditions, fulfilling the assigned duties and responsibilities properly, prejudices are actually an attitude that people gain later, shows that their goods should be protected with care and attention. It has been observed that each individual of the educators has important duties in transferring these behaviors to the students.

The research can be applied to a larger population and sample group. Conducting such a study with a qualitative research method may be effective in obtaining more detailed results. It may be appropriate to evaluate by taking balanced sample groups from all branches of individual sports.

*\* Bu makale GESPORT Uluslararası kongrede özet metin olarak sunulmuştur.*

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## **Investigation of Social Relationship Levels of Individuals Exercising in Open and Closed Environments**

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### **Abstract**

The aim of this research is to examine the social relationship levels of individuals who exercise in indoor and outdoor environments. The sample group of the research consists of 448 individuals who exercise in indoor and outdoor environments. As a data collection tool, a scale for determining the general information form and social relationship levels was applied to the athletes participating in the research. After the data collection process, normality test was performed. After the test result, which was homogeneous as a result of the normality test, the independent t-test was performed for paired groups and the anova (tukey) test was performed for groups of three or more. The Benjamini-Hochberg False Discovery Rate (FDR) was used to correct for Type I errors that occurred when more than one statistical analysis was performed. Looking at the results of the study, it was determined that individuals over 25 years of age, individuals with a high level of well-being, and those who exercise outdoors have higher levels of social relations.

**Keywords:** Sociology, Sport, Sports Sociology.

## Introduction

Today, the place and importance of sports in social life has started to increase gradually. The socialization power of sports is one of the most effective methods. It is important to analyze perceptions and attitudes well in order to socialize in sports environments. In addition, it is seen that the individual is affected by the environment he is in, and his perceptions and attitudes are shaped accordingly (Asada & Ko, 2019; Michelini, 2018; Özdiç, 2005; Wu, Li ve Wang, 2021). Social environments such as friends and family can be given as examples.

Factors affecting the socialization of individuals are not only related to their financial well-being, but also to their relational, mental and physical well-being (LeBaron & Kelley, 2021). In addition to being an individual's interaction process, socialization depends on the personality structure of psychological factors such as thoughts, feelings, attitudes, behaviors, actions, goals and expectations, psycho-social characteristics specific to the period in which they live, and the social, cultural and economic characteristics of the environment in which they live. Family, school, social groups and mass media are important factors affecting this concept (Hajizadeh et al., 2021; Şahan, 2008; Şahin and Özçelik, 2016).

The increasing visibility of the sport phenomenon in the society in the historical process has made it worth examining from a sociological perspective. The relationship between sports and health was strengthened with concepts such as physical activity and exercise; Sports have become a set of activities that everyone wants to be involved in. However, sports is a sociological phenomenon that is too broad to be considered only as activities for health (Akkaya, 2019).

Outdoor activities; It consists of activities carried out in naturally existing or formed waters, land, air, snow and ice. It is possible to classify them according to the structure used as a source. Activities such as mountaineering, rock climbing, trekking, camping, canyoning, caving, skiing, scuba diving, bird watching, botanical observation, educational activities in nature, free diving, delta wing, sailing are examples that can be evaluated in this context (Kaplan and Ardahan, 2013).

In addition to the socialization of people, sports also make an important contribution to their psychological and physical development. Also sports facilities, nature walks, outdoor activities, etc. Since people come together in environments, it both contributes to their socialization and is an important element in terms of society getting to know each other. This element, which brings people from different cultures together, will be more beneficial to the society by bringing sports-related institutions and organizations (Ministry of Youth and Sports, local governments, Sports Federation for Everyone, etc.) together to provide sports opportunities. When the literature is examined, there are very few studies on social relations in the field of sports sciences. The collection of data during the pandemic period and determining the attitudes of individuals towards social relations in this process make our study extremely important. This study aims to determine the social relationship levels of individuals who exercise in indoor and outdoor environments.

## Material ve Method

### Research Model

In this study, quantitative method was used and it was done with descriptive survey, which is one of the survey models.

### Universe-Sample (Research Group)

The sample group of the research consists of 448 individuals who exercise in indoor and outdoor environments.

### Findings

**Table 1.** Descriptive Statistics

Variable	Grup	N	%	Total
Gender	Woman	206	45.8	448
	Man	242	54.2	
Age	18-24 age	93	24	448
	25-31 age	78	20.1	
	32-38 age	118	30.4	
	39 years and older	99	25.5	
Type of Exercise	Outdoor exercise	256	57.1	448
	Indoor exercise	192	42.9	
Marital status	The married	288	64	448
	Single	160	36	
Welfare Level	Low	96	21.4	448
	Middle	192	42.9	
	High	160	35.7	

### Data Collection Tools

The data collection tool consists of two parts. In the first part, there is a personal information form and there is a total of 5 demographic information. In the second part, the Social Relationship Scale developed by Turner, Frankel and Levin (1983) and adapted into Turkish by Duyan, Gelbal and Var (2013) was used. The scale is 2-dimensional and consists of 15 questions.

### Analysis of Data

When the reliability coefficients of the data were examined, it was found to be reliable at the level of 0.88. According to Kalaycı (2018), it is highly reliable in the range of 0.80 – 1.00.

When the kurtosis and skewness values are examined, it is determined that they are in the range of -2+2. According to Weaver and Wuensch, (2013), -2+2 values indicate that the data is homogeneously distributed.

Due to the homogeneous distribution of the data, parametric tests were applied. In other words, the t-test for paired groups and the anova test for groups of three or more were used. In



cases where there was a significant difference in the Anova test, the post-hoc (Tukey) test was performed to see between which groups the difference was.

Effect sizes were calculated with the GraphPad 9 program. Due to the large number of analyzes and exploratory nature of this study, Benjamini-Hochberg False Discovery Rate (FDR) was used to correct Type I errors and 20% was considered an acceptable error (Thissen, Steinberg, & Kuang, 2002). The FDR ratio differed only in the gender variable and the value was written as q value.

**Table 2.** Results of the t-test analysis according to the gender variable of the participants

Variable	Gender	N	$\bar{x}$	Sd.	Df.	t	p	Q Value
Family Support	Woman	206	3.37	.44	446	-1.265	.314	.314
	Man	242	3.41	.51				
Friend Support	Woman	206	3.39	.38	446	-1.008	.206	.235
	Man	242	3.44	.47				

$p < 0,05$

When Table 2 is examined, it has been determined that there is no significant difference in the gender variable in the sub-dimensions of family support and friend support, which are the sub-dimensions of the social relationship scale.

Variable	Age	N	$\bar{x}$	Sd.	F	P	ANOVA
							Tukey
Family Support	18-24 age(1)	93	3.17	.63	13.892	,000	2,3,4>1
	25-31 age(2)	78	3.50	.67			
	32-38 age(3)	118	3.44	.54			
	39 years and older (4)	99	3.50	.59			
Friend Support	18-24 age(1)	93	3.14	.30	57.799	,000	2,3,4>1
	25-31 age(2)	78	3.44	.32			
	32-38 age(3)	118	3.33	.44			
	39 years and older (4)	99	3.74	.40			

**Table 3.** Anova test analysis according to the age variable of the athletes

$p < 0,05$

When Table 3 is examined, it has been determined that individuals over the age of 25 are significantly higher in the sub-dimensions of family and friend support than those over the age of 18-24 ( $p > 0.05$ ).

**Table 4.** Results of the t-test analysis according to the gender variable of the participants

Variable	Type of Exercise	N	$\bar{x}$	Sd.	Df.	t	p
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<b>Family Support</b>	Outdoor exercise	256	3.59	.43	446	10.982	.000
	Indoor exercise.	192	3.18	.31			
<b>Friend Support</b>	Outdoor exercise	256	3.60	.36	446	12.224	.000
	Indoor exercise.	192	3.11	.48			

$p < 0,05$

When Table 4 is examined, it has been determined that there is a significant difference in the exercise type variable in the sub-dimensions of family support and friend support, which are the sub-dimensions of the social relationship scale. According to the results of the study, it was determined that the participants who did outdoor exercises in the sub-dimensions of family support and friend support were significantly higher than the participants who exercised indoors ( $p > 0.05$ ).

**Table 5.** Anova test analysis according to the age variable of the athletes

Variable	Refah Düzeyi	N	$\bar{x}$	Sd.	F	ANOVA	
						P	LSD
<b>Family Support</b>	Low(1)	96	2.85	.15	343.906	,000	3>2>1
	Middle (2)	192	3.36	.51			
	High (3)	160	3.76	.08			
<b>Friend Support</b>	Low(1)	96	2.90	.9	210.301	,000	3>2>1
	Middle (2)	192	3.34	.32			
	High (3)	160	3.81	.28			

$p < 0,05$

When Table 5 is examined, it has been determined that there is a significant difference in the sub-dimensions of family and friend support. When the results were examined, it was determined that there was a significant difference in the sub-dimensions of family support and friend support as the welfare level increased ( $p < 0.05$ ). continue from the discussion result.

## Discussion and Results

Considering the participation rates in sports, it is seen that men participate higher. In order to detect this situation, it is necessary to analyze the social power of sports well. However, there are very few studies on the determination of sports socialization status. To encourage women's participation in sports, it is necessary to strengthen women's internal locus of control, make the best use of socialization agents, and improve their sports socialization status (González-Hernández and Martínez-Martínez, 2020; Huang et al., 2019; Oxford and Spaaij, 2019). The main reason why there was no significant difference in the gender variable in our study is thought to be due to the fact that the necessary opportunities of the people in the closed and open spaces used for establishing social relations are presented equally.

When the age variable was analyzed sociologically, increasing age was associated with less friendship and less support from family (Siedlecki et al., 2014). In addition, in a study conducted among participants aged 18 to 60 years, it is seen that participants who receive adequate social support from their friends have a higher sense of well-being (Brajša-Žganec,

Kaliterna-Lipovčan, & Hanzec, 2018). When the above studies are examined, family and friendship relations in different nations may vary. In the results of our study, it is seen that individuals between the ages of 18-24 adopt a more individual life and feel the support of family friendship more than the age of 25 and above. Also, contrary to Siedlecki et al., (2014), it is seen that family and friendship support increase more with increasing age. The reason for this is that the majority of the participants between the ages of 18-24 are university students. It is thought that he has to become more individualized in his intensive study environment and new initiatives in the business environment. It is thought that individuals over the age of 25 emphasize more socialization and family support in these difficult days, especially after the pandemic.

As participation in physical activity increases, the level of socialization and quality of life increase (Ayyildiz et al., 2019; González-Hernández and Martínez-Martínez, 2020; Kim et al., 2020). Participants who exercise in open areas consist of trekking, camping, jogging groups, people who meet and exercise on social media and do regular sportive activities individually. However, people who exercise indoors are more members of sports facilities and mostly do individual sports activities. For this reason, it is thought that the social relations of individuals who exercise in open spaces and move with the community are higher. It is necessary to have a certain level of well-being in order to exercise in open and closed areas. In addition, in order to socialize more and spend time with family and friends, the level of welfare should be high.

As a result, equal opportunities should be created for everyone, regardless of the level of welfare in the society. Establishing the sports fields of local governments and universities in a way that everyone can reach is important for increasing social relations. Especially when the results of the study are examined, it is seen that the social relations of the young people between the ages of 18-24 and those with medium and low welfare levels are lower. It is considered important to carry out studies specific to these groups in order to raise a sociological structure such as family and friendship relations to a better level.

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