



10.22282/ojrs.2017.12

THE PROFILE OF THE INDIVIDUALS JOINING TO THE INDOOR SPORTS ACTIVITIES ORGANIZED BY THE SPORTS CORPORATION OF ISTANBUL METROPOLITAN MUNICIPALITY*

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* Presented at the 11th Ichper.sd European Regional Congress

ABSTRACT

The aim of this study is to determine the general features of the participants attending indoor leisure activities of the Sports Corporation of İstanbul Metropolitan Municipality. This study was conducted with 1400 individuals from 21 districts of the İstanbul city performing indoor sports programs in 60 Public School gymnasiums under the sponsorship of The Sports Corporation of İstanbul Metropolitan Municipality. The subjects were able to access to the sports activities freely, three times per week for

five hours each session after the teaching hours of the schools, which was an opportunity for the public to join to the sports activities. The half of the participants was female and 50% were male. According to our results, 12,8% of the participants were under the age of 15 years, 33% were between 16-25 years, 26,6% were between 26-35 years, 24,3% were between 36-50, and only 3,4% percent were over 51 years. Among the participants 49% were married, 51% were single, and their education levels were as follows; 26,2%

Key Words: Free sports, profiles, sports participation.

INTRODUCTION

Today, transportation became easier with developing technologies especially in city life. Unfortunately, the situations like this, in turn, can lead the individuals to live more sedentary lifestyles. Research shows the positive relationship between hours of work and ill-health (Sparks et al.) and that “those who sat for long periods at work did not compensate for this lack of activity by adopting less-sedentary behaviors” (Jans et al 2007). There are also studies that open dialogs on whether a sport fields themselves have been fulfilling their promises for the society and specific groups (Yaprak and Amman 2009, Kemaloğlu et al 2016). Overall, the patterns of time use and physical activity behaviors in daily life change differently depend on the changes in a particular place (Gershuny, 2003).

Considering the impact of physical inactivity on the risk of developing a number of chronic diseases (WHO, 2007), local authorities were directed variety investments to tackle these issues. Some research shows the willingness and responsibilities of local authorities in this regard (Çoban & Devecioglu 2006).

Therefore, various campaigns and investments are made including in the leisure and sports fields. One of them is the indoor sports as public leisure activities supported by the government. The aim of this study is to basically determine the general features of the participants attending indoor leisure activities of the Sports Corporation of Istanbul Metropolitan Municipality.

METHOD

This study was conducted with 1400 individuals from 21 districts of the Istanbul city performing indoor sports programs in 60 Public School gymnasiums under the sponsorship of The Sports Corporation of Istanbul Metropolitan Municipality. The subjects were able to join to the sports activities free of charge, three times per week for five hours at each session after the teaching hours of the schools, which was an opportunity for the public to join to the sports activities.

FINDINGS

According to our results, participants’ 50% were female, 50% were male (Table 1). The 12,8% were under the age of 15 years, 33% were between 16-25 years, 26,6% were between 26-35years, 24,3% were between 36-50, and only 3,4% percent were over 51 years (Table 2).

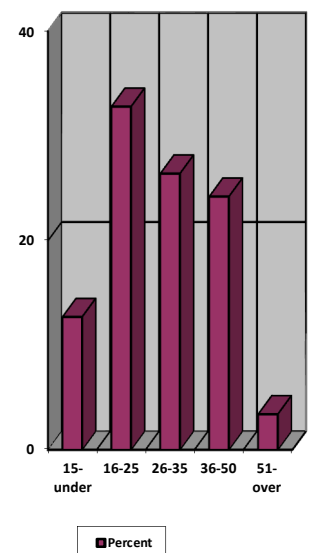
Table 1. Gender Distributions

	Frequency	Percent	Valid Percent
Female	700	50,0%	50,0%
Male	700	50,0%	50,0%
Total	1400	100,0%	100,0%

These figures also show gender distribution of Istanbul population.

Table 2. Age Distribution and Graphic

Age	Frequency	Percent	Valid Percent	Cumulative Percent
15 – under years	178	12,7%	12,8%	12,8%
16 – 25 years	459	32,8%	33,0%	45,7%
26 – 35 years	370	26,4%	26,6%	72,3%
36 – 50 years	339	24,2%	24,3%	96,6%
51 – over years	47	3,4%	3,4%	100,0%
Missed	7	0,5%	-	-
Total	1400	100,0%	-	-



Most of the people that have participated in our survey are young groups which points out that young population is more concerned with sports activities.

Among the participants, 49% were married, 51% were single (Table 3), and their education level was as follows; 26,2% primary school, 48,8% high school, 22,9% university graduates and 2% was having post-graduate degrees (Table 4).

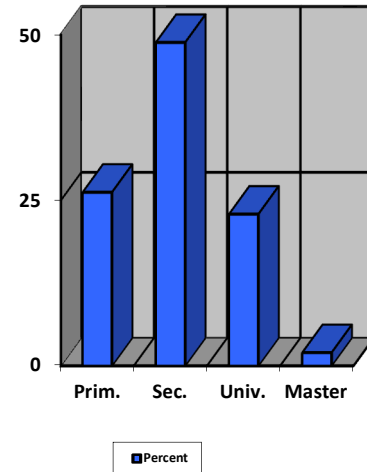
Table 3. Distribution of Marital Status

	Frequency	Percent	Valid Percent
Married	686	49,0%	49,0%
Single	713	50,9%	51,0%
Missed	1	0,1%	-
Total	1400	100,0%	-

No significant differences were observed between the fractions of married and single individuals who are participating in sport activities.

Table 4. Distribution of Educational Level and Graphic

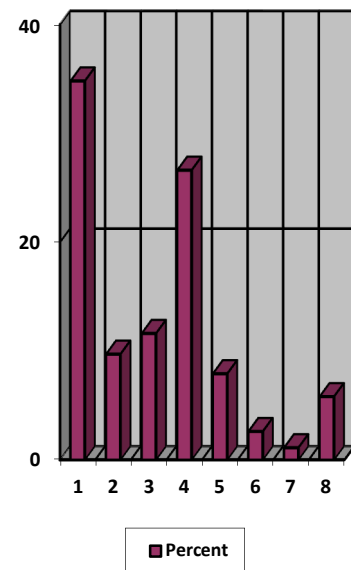
	Frequency	Percent	Valid Percent	Cumulative Percent
Primary	353	25,2%	26,2%	26,2%
Secondary	658	47,0%	48,8%	75,1%
University	309	22,1%	22,9%	98,0%
Master	27	1,9%	2,0%	100,0%
Missed	53	3,8%	-	-
Total	1400	100,0%	-	-



The individuals joining to the indoor sports activities are mostly graduated from a secondary school. Most of the participants (34,8%) were students, 26,6% were house wife, 11,6% were officers, and 1,1% were unemployed (Table 5).

Table 5. Occupational Distribution and Graphic

	Frequency	Percent	Valid Percent	Cumulative Percent
1. Students	482	34,4%	34,8%	34,8%
2. Free Professional	134	9,6%	9,7%	44,4%
3. Officer	161	11,5%	11,6%	56,0%
4. Housewife	369	26,4%	26,6%	82,6%
5. Workers	110	7,9%	7,9%	90,6%
6. Retired	36	2,6%	2,6%	93,2%
7. Unemployed	15	1,1%	1,1%	94,2%
8. Other	80	5,7%	5,8%	100,0%
Missed	13	0,9%	-	-
Total	1400	100,0	-	-

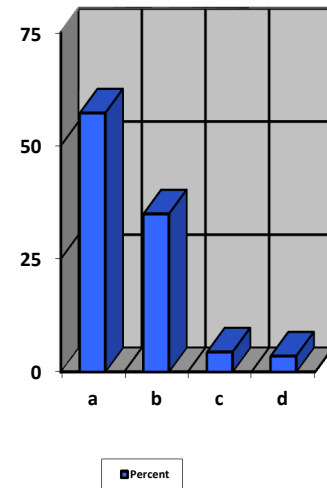


The individuals participating the indoor sports activities are mostly the students and housewives.

According to the monthly income classification, the income of the 57,2% were 1000 TL and less, 34,9% were between 1001-2000TL, 4,4% were between 2001-3000TL, and 3,5% were earning over 3001 TL (Table 6).

Table 6. Level of Income Distribution and Graphic

	Frequency	Percent	Valid Percent	Cumulative Percent
a. 1000 TL and under	685	48,9	57,2	57,2
b. 1001-2000 TL	418	29,9	34,9	92,1
c. 2001-3000 TL	53	3,8	4,4	96,5
d. 3000 TL and over	42	3,0	3,5	100,0
Missed	202	14,4	-	-
Total	1400	100,0	-	-



Most of those individuals, joining to the indoor sports activities, have lower income level.

DISCUSSION AND CONCLUSION

Municipalities provide several programs about sports and leisure activities besides other services (Çoban and Devecioğlu 2006). We searched Istanbul Metropolitan Municipality, a municipality that is willing to provide sports services and have represented a good example in this manner. We were able to reveal the profile of the individuals participating in indoor sports facilities. We can say that there is no dominant sex participating in sports in these facilities, unlike the imbalanced participation rates reported in other sport fields (Yaprak and Amman 2009).

However, in terms of the age, we can say that there is more participation in young ages. According to the continuity theory of aging, “leisure participation in old age is often a

continuation of previous participation” (Agahi et al 2006). Therefore, the participation rates in these public leisure facilities may increase in older ages in future, owing to the younger generations’ increased chance to participate today.

There is no much difference in participation ratios of single and married groups. There were more individuals with lower educational and financial levels participating in these activities. In addition, those individuals, joining to the indoor sports activities, are mostly from young members of lower-income-families and from housewives.

In conclusion, the overall profile of the individuals joining to the indoor sports activities organized by the sports corporation of Istanbul Metropolitan Municipality shows that the diverse or disadvantaged groups can participate in physical activities if opportunity was given. However, according to the studies point to the changing experiences and perceptions of different groups (such as women) regarding the public leisure services (Yaprak and Amman 2009, Üzüm et al 2016), the research and practice to improve the quality of these services and experiences of participants should be considered. Besides, Ağaoglu (2013) has reached results showing that mayors (66,7%) were not following the changes regarding public leisure activities (Ağaoglu 2013). On the other hand, Çoban. & Devecioglu (2006) found that mayors were ambitious and acted responsibly to provide sport services for all (Çoban. & Devecioglu 2006). Therefore, the existing municipality law (Nr. 1580, article 15) that for example promotes establishing and running facilities and stadiums for play, sports and game as the responsibilities of a municipality and the results of the current study on the diverse profiles of participants can be positive aspects if further measures to increase quality is considered.

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