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## **Sports Policy of Turkey in Development Plans<sup>1</sup>**

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### **Abstract**

Five Years of Development Plans are basic politic documents which they reveals Turkey's growing that is going to be happen in long term in economical, social and cultural areas which is getting prepared by with it's former name State Planning Organisation (SPO), and it's newly name Ministry of Development. There are ten development plans have been prepared which they contains years between 1963 and 2018. Development plans doesn't provides goal union only for community but entire society. Basic goal of every development plans we are speaking of is; making Turkish people be fortunate and prosperous.

Nation's sport policy gets determined in development plans as primal. Precautions for citizens at every ages to join sport activities are being taken while sport policy is getting created. Traditional sport branches status and improvements at new sport branches are getting studied. Interest in sports in Turkey is raising day by day with teen community which creates 12-24 age group being at first. However this interest is directed to a determined sport branch as football. The purpose of this study is revealing preperations those have been done for future, having attention about sport's available and futuristic problems, giving suggestions to determined issues about sport policy which is available in development plans. According to present general status, there is a needing to improving culture of doing sport in society. In this manner popular sport understanding sport policies and legal regulations has to be done. Sportive activities those being performed at schools have to be get varieted and raised for success at sport. Schools' sport basis have to be improved.

**Keywords:** Development Plans, Sport Policy, Sport Activities, Physical Education, Youthfull

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## Türkiye'nin Kalkınma Planlarında Spor Politikası

### Öz

Eski adıyla Devlet Planlama Teşkilatı (DPT), yeni adıyla Kalkınma Bakanlığı tarafından hazırlanan Beş Yıllık Kalkınma Planı, Türkiye'nin ekonomik, sosyal ve kültürel alanlarda, uzun dönemde gerçekleştireceği büyümeyi ortaya koyan temel politika dokümanlarıdır. 1963 yılından itibaren 2018 yılını kapsayan on tane kalkınma planı hazırlanmıştır. Kalkınma planları sadece kamu kesimi için değil aynı zamanda toplumun geneli için hedef birliği sağlar. Söz konusu tüm kalkınma planlarının temel hedefi; Türk insanının mesut ve müreffeh hale gelmesidir.

Ülkenin spor politikası öncelikle kalkınma planlarında tespit edilir. Spor politikası oluşturulurken her yaştaki vatandaşların spor faaliyetlerine katılmalarını sağlayacak tedbirlere işaret edilir. Geleneksel spor dallarının durumu ve yeni spor dallarındaki gelişmeler incelenir. Başta nüfusun 12-24 yaş grubunu oluşturan gençlik kesimi olmak üzere Türkiye'de spora ilgi giderek artmaktadır. Ancak bu ilgi futbol gibi belirli bir spor dalına yöneliktir. Bu çalışmanın amacı kalkınma planlarında yer alan spor politikası konusunda gelecek dönemler için yapılan hazırlıkları ortaya koymak, sporun mevcut ve gelecekte muhtemel problemlerine dikkat çekmek, tespit edilen sorunlara tavsiyelerde bulunmaktır. Mevcut genel duruma göre toplumda spor yapma kültürünün geliştirilmesine ihtiyaç vardır. Dolayısıyla yaygın spor anlayışına yönelik spor politikaları ve hukuki düzenlemeler yapılmalıdır. Sporda başarı için okullarda yapılan sportif etkinlikler çeşitlendirilmeli ve artırılmalıdır. Okulların spor altyapısı geliştirilmelidir.

**Anahtar kelimeler:** Kalkınma Planları, Spor Politikası, Spor Faaliyetleri, Beden Eğitimi, Gençlik

## 1. Introduction

When it is about development plan, there is an understanding as route plan that shows resources using for taking action, the way that used for these, regulations needs to be done and precaution to be taken. While the past performance of the country is being rating and identifying the goals for the future (export, agriculture, industry, services, employment, income distribution etc.) development plan is the tool that is necessary. It also helps to institutions while they are making decisions and economical factors. It leads a way to achieve a better welfare level for the community.

Sport's principles, goals, ways to achieve goals, basis, tools and materials, sport's organisation and performing are described with sports policy term (Yetim, 2006:219). Development plans and state programs forms the sport policy which is performed by state. This study investigates the sports policy which is confessed by development plans.

## 2. The Definition of Sport

The sport word is spread to the world with the Latin based desportare term's passed to English as sport (Saatçioğlu, 2013:5). It is used as having fun and lingerin in Latin description (Voight, 1998:86). When sport is mentioned in Turkish, it is getting defined as having good time, winning with struggle by single or with the group, performed as an physical activities on demanding or full-time and with tools or not under an obligation (İnal, 2013:6-7; Doğan, 2007:36). Physical education, training, gym and dynamism lies beneath the sport term.

### 2.1. Sports Branches

Sports those are performed splits in half in itself as branches (Sunay, 2003:39). These are;

a) Individual sports: They are performed as single or with the rival by the athlete. Ping-pong, archery, wrestling, boxing, gymnastic, marksmanship, athletic, weight lifting, riding, karate, long jump and natation etc.

b) Team sports: These sports, which athletes need each other to win. Football, volleyball, handball, basketball, rafting and canoe etc.

### 2.2. Sports Benefits

People continues their presence depending using the technology intensively in inactivity lifetime. Especially tv channels are raising day by day. Socializing between individuals is passed on to virtual platforms by social media with internet become popular. There is an enormous addiction to cellphones. Therefore people have imprisoned themselves to home and workplace so to speak.

The main goal of the sport is making the person's body, soul and social dimensions developed. The body is getting fit by making it lose weight through physical activities. World Health Organisation suggests thirty minutes walking for adults and sixty minutes walking for kids as physical activity per day.

Benefits gaining by doing sport can be summarize like below:

1) It re-charges human's stress by physic and mind.

- 2) It keeps people off out of bad habits (Doğan, 2007:36).
- 3) Because rules prevail in sport, it makes attention intensified.
- 4) Movement consciousness as team improves. Systematic and planned movement skill is getting gained.
- 5) Social relations raises (Yetim, 2006:136).
- 6) It makes you gain standing out, being happy by losing weight, happiness, pleasure, joy and clemency alike emotions (Yetim, 2006:136).
- 7) It improves strength, speed, stamina, agility, coordination abilities (Yetim, 2006:136).
- 8) It strengthens body health against diseases depending physical activities raising.
- 9) Spare time gets evaluated abundant.
- 10) Self-control teaches self-respect and also to others (Yetim, 2006:137).
- 11) Leadership skills and appreciating the winner sentiment gets improved.

### **2.3. Sports in Turkish People**

Turkish people always were restless and cared about sport. Notably children been made perform sport in early ages (Dever, 2010:52). There are horse-racing, javelin, sword&shield, archery, hunting, wrestling, running, swimming, an ottoman military sport called matrak, clubs, mace and spear throwing in Turkish sport tradition (Güven, 1992:2). All the sports mentioned amuses people, trains, and improves body and mind. Turkish are military people. The sport movements makes the body got trained. ‘‘Strong as Turkish’’ term is the indicator of the sport activities have been done (Dever, 2010:52).

### **3. Sport in Development Plans**

Sport is a state policy. Because state commits to improve of each Turkish citizen’s body and soul health and make the sport spread to populace (Yetim, 2006:239). The development plans those they reveals the goals determined are got prepared by SPO since 1963 till 2011. In 2011 Ministry of Development took place instead of SPO and fulfills this mission.

#### **3.1. The First Five Years of Development Plan (1963-1967)**

In this planning period there were no focus point about sport and body training (look at <http://ekutup.dpt.gov.tr/plan1.pdf>).

#### **3.2. The Second Five Years of Development Plan (1968-1972)**

The sport is one of the main education way to raise a healthy and tough generation (SPO, 1968:192). Between 1968 and 1972 there would be programs to raise sport activities in highschoools. Strength of idea, character and body are going to improve with body training (SPO, 1968:163). Little sport facilities are going to be built to save younger persons from watching to joining and doing activities as active (SPO, 1968:192). State’s sport regulation role is going to get improved, it is going to gain a trait as giving priorities for school and

community sports (SPO, 1968:192). Many sport branches are going to get exhortationed, wrestling, shooting, archery and riding alike traditional sport branches are going to get supported (SPO, 1968:192). Sport clubs are going to be encouraged to be active at different sport branches.

### **3.3. The Third Five Years of Development Plan (1973-1977)**

Many sport activities athletics, swimming, gymnastic alike sport branches with wrestling and other traditional sport activities are going to be supported (SPO, 1972:794). In the third planning period the subject that is going to get attention in terms of investing is; building sport facilities for every person who wants to do sport. Amateur athletes and students are going to be availed of sport facilities as primal (SPO, 1972:794). Educational institutions and sport clubs are creating the athletes' resource in Turkey. Sport Clubs are institutions like a little community being doing sport in and a mass community watching (SPO, 1972:793). Otherwise educational institutions are not sufficient to raise athlete (SPO, 1972:793). It is essential to using educational institutions when spreading and improving to joining sport activities (SPO, 1972:794). It is going to be raised by giving importance to body training and sport activities at school (SPO, 1972:794). Producing every kind of sport tools at international level in the country is going to be supported (SPO, 1972:794). Sport activities are going to change from watching sport to mass sport in a long term, school and community sports are going to be concentrated (SPO, 1972:793).

### **3.4. The Forth Five Years of Development Plan (1979-1983)**

The priority is going to be intended to intramural body training and sport activities to make educational institutions join sport activities (SPO, 1979:288). Body training and sport is going to be make spread to every region starting from little ages (SPO, 1979:287). Teens' out school and spare time activities are going to be supported in sport, culture, art, folk dancing alike areas those they interested in (SPO, 1979:287). Amateur sport clubs' activities are going to be encouraged to raise successful and in every age stages and sport branches (SPO, 1979:288). The importance is going to be focused about improving the sport in every ages and building sport centers at mass enterprises (SPO, 1979:288).

### **3.5. The Fifth Five Years of Development Plan (1985-1989)**

In the fifth planning period, body training and spreading the sport as mass, amateur sport's encouragement is principal (SPO, 1984:149). According to that sport and sport education in schools are going to be focused more (SPO, 1984:150). Physical training and high schools of sport are going to be opened (SPO, 1984:144). Teens' idea, culture, art, sport and folk dancing activities are going to be encouraged inside and outside of the schools (SPO, 1984:149). Special measures are going to be taken to improve Turkish wrestling one of the traditional sport branches (SPO, 1984:150). Raising trainers at every sport branch is going to be given importance and striving to raise athletes going to be successful at international level (SPO, 1984:150). Sport institutions are going to be popularized. Sport areas and green fields are going to be focused on preparing development plans of the city. In this manner, with the cooperation of local government and city halls, necessary performings are going to be done and performed to utilize abandoned places (SPO, 1984:150). According to a determined

percentage of workers at public and private sectors, employment of athletes' is going to be encouraged. Having body training at the enterprises are going to be made (SPO, 1984:150).

### **3.6. The Sixth Five Years of Development Plan (1990-1994)**

With the purpose of improving body and soul health, making sport enter to the daily activities is important (SPO, 1989:296). Children playing and sport areas are going to be raised (SPO, 1989:287). Activities like art, sport and scouting to make teens improve by character, thinking and body is going to be encouraged (SPO, 1989:288). Physical training and sport are from main education tools to be used to raising a healthy generation (SPO, 1989:296). Opportunities are going to be provided to make people save from watching to do sport actively (SPO, 1989:296). Importance of supporting and raising athletes those are going to be successful at international level is going to be given (SPO, 1989:296). Professionalism at available places to professionalism is going to be encouraged (SPO, 1989:296). Regulations to be using sport institutions at full capacity are going to be performed (SPO, 1989:296).

### **3.7. The Seventh Five Years of Development Plan (1996-2000)**

Raising resources those are separated for sport, rational using of institutions, providing human power about sport, with special sector's, local administrations and sport clubs' role need continues (SPO, 1995:26). Mass performing of sport is going to be encouraged (SPO, 1995:31). Density is going to be directed to olympic sports' every areas instead of single branch (SPO, 1995:31). Sport institutions' rational using is going to be provided (SPO, 1995:31).

### **3.8. The Eight Five Years of Development Plan (2001-2005)**

In this development plan period, making body training and sport's become a whole populace's habit, easily reachable service based life style is the primal. Balanced distribution of region-wide sport's and basis with whole branches, with athlete and sport employee education, taking care of employment problems, institutions quantities getting raised rational using is going to be provided (SPO, 2000:92). Local administrations' are going to encourage teens to prepare sport at first, mind games, chess, folk dancing programs (SPO, 2000:91). Creating the necessary basis for raising and popularising tourism purposed sportive activities, commercial activities are going to be given importance (SPO, 2000:93). Community sport institutions are going to be opened to people outside of working hours (SPO, 2000:93). Sponsorship legislative arrangement are going to be performed (SPO, 2000:93). Schools' sport opportunities are going to be improved.

### **3.9. The Ninth Five Years of Development Plan (2007-2013)**

In the planning period mentioned, sport and physical training topics are not touched upon (see <http://ekutup.dpt.gov.tr/plan9.pdf>).

### 3.10. The Tenth Five Years of Development Plan (2014-2018)

Placing performing sport culture in the society, popularising to mass communities with sport services' qualities and varieties getting raised, raising successful athletes are basis principals (Ministry of Development, 2013:49). Important developments have been provided in institutionalising in sport area, licensed athlete, trainer and clubs' quantities (Ministry of Development, 2013:42). Physical training is going to be restored in content and performing at every education levels starting with early age childhood education (Ministry of Development, 2013:49).

To prevent teens getting directed to violence and bad habits, sport, culture, art alike areas' development is going to be continued (Ministry of Development, 2013:42). Necessary precautions are going to be taken to decrease unethical behaviours in sport (Ministry of Development, 2013:49). Programs are going to be improved to encourage citizens' physical movements, proper recreation areas, parks, bicycle tracks are going to be created (Ministry of Development, 2013:49). Educational Camping Centers of Olympic Athletes are going to be built in purpose of raising successful athletes (Ministry of Development, 2013:49). Education curriculums are going to be edited to make each teen able to perform at least an art or sport branch (Ministry of Development, 2013:187).

## 4. Results and Suggestions

In this study, ten development plans which have involved the period since 1963 to 2018 have been studied. It is observing as sport policies talked about in development plans, in order to improve public mass sports, sport for everyone. Otherwise watching sports according to watchers is only a tool for killing time and keeping people away from realities (Delice, 2011:12).

It is possible to summarize sport policies which have been revealed in Turkey's development plans under these items:

- 1) It is a public duty to ordering and supporting body training and sport services. In this manner placing performing sport culture in society, sport services' qualities and varieties of it getting popularised and raised, raising successful athletes are basis principals.
- 2) Sport is studied under the topic of education and the goal is to restoration of sport educations starting from early ages childhood education every education levels. Physical training and sport basic education are accepted unseperatable two pieces to raise healthy generations.
- 3) Focused on creating necessary physical and humane basis in purpose of raising successful athletes. According to that sport institutions' being used multi directed and at full capacity is desired.
- 4) City halls and provincial special administrations are be held responsible to making sport performed countrywide. Central management plays a part in youth and sport services as regulatory and supervisory.
- 5) Avoiding violence at sports has been pointed.
- 6) Athletes getting social insurance has been underlined.
- 7) Making amateur sport clubs companies has been supported.

8) Making sport activities and sponsorship mainstream with voluntary agencies and private sector have been embraced countrywide.

9) Because of sport introduces country, each branch of sport is being encouraged. Joining to international competitions with qualified and many athletes has been taken as basis.

10) Turkey has been always aspirant to organising international sport organisations and this demand continues being home to olympics at first.

Taking Turkey's development plans into account, some suggestions can be proposed in order to improve Turkish sport policy:

1) The quantity and variety of sports tools have to be multiplied those they stationed by city halls.

2) Mandatory public service announcements for making everyone gain performing sports at the media have to be constantly broadcasted. For an example "A ball has to be available in each car's trunk" may be said.

3) Riding bicycle and daily walking has to be encouraged for every age.

4) It has to be mandatory to students' join sport lessons at every levels of education. Each student has to be trained to be successful at a sport branch at least.

5) Traditional ancestor sports have to be popularised.

6) Employees those works in both public and private enterprises, has to be make them having sportive activities habits by doing wamp-up exercises for 15 minutes each morning.

7) Determining people talented in sports from school desks and has to be make them athletes.

8) According to example of giving tablet computer to students within Fatih project, each student has to be given a ball and a bicycle.

9) Sport capability reveals with activities being done at outdoor areas. Making teens doing activities outside instead of addiction to internet and cellphone has to be provided. Parents have to be informed in this topic.

10) Sport activities being performed has to be announced in the nation and the world, encouragement of interested people to join has to be provided.

Eventually sport is a basic tool to make human physically and spiritly stronger. Avoiding common disease of obesity is possible with active life. Sport helps the body to gain resistance against diseases. Protecting people's health and sustaining is directly proportional with sport that has been done. Sport suits with life and sport is for everyone. In this manner there are a sport branch for every person to perform suitable for their life. Sport is not a totality of life but completes human's living style (Erdemli, 2008:256). A part of human is going to be empty for good without performing sport. Moving by Turkey's vision which does sport, making Turkey number one sport nation would be possible with each Turkish citizen's contribution.

### **Conflict of Interest**

The author has not declared any conflicts of interest.



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