

Researching of The Relationship Between Women's Body Attitudes,  
Recreational Awareness Levels of Women

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**Abstract**

The aim of this study is to specify the body attitudes and recreational awareness levels of women, to identify whether demographic variables are effective on these levels and to examine the relationship between these two concepts. The research, designed on the basis of the relational research method, was conducted with 772 female participants who reside in the city center of Gümüşhane. The data of the research are given to be the participants' demographic information (age, body mass index and marital status), body attitudes (Body Appreciation Scale) and recreational awareness levels (Recreational Awareness Scale). In order to analyze the data, descriptive analysis, independent sample t-test, one-way analysis variance (ANOVA) and regression test have been used. The result of the analysis reveals that participants' body appreciation and recreational awareness are high. It has been observed that age, marital status and body mass index variables create a significant difference on body appreciation and recreational awareness. In addition, it has been noted that there is a linear and low-level relationship between body appreciation and recreational awareness, body appreciation attitude is a significant predictor of recreational awareness and explains 8% of the total variance significantly.

**Keywords:** Recreational Awareness, Body Appreciation, Women

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**Kadınların Bedeni Beğenme Tutumları, Rekreasyon  
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**ÖZ**

Bu araştırmanın amacı; kadınların bedeni beğenme tutumlarını ve rekreasyon farkındalık düzeylerini tespit etmek, demografik değişkenlerin bu düzeyler üzerinde etkili olup olmadığını belirlemek ve bu iki kavram arasındaki ilişkiyi incelemektir. İlişkisel araştırma yöntemi temel alınarak tasarlanan araştırma Gümüşhane il merkezinde ikamet eden 772 kadın katılımcı ile gerçekleştirilmiştir. Araştırmanın verileri katılımcıların demografik bilgileri (yaş, vücut kitle indeksi ve medeni durum), bedeni beğenme tutumları (Bedeni Beğenme Ölçeği) ve rekreasyon farkındalık düzeyleri (Rekreasyon Farkındalık Ölçeği) şeklindedir. Verilerin analizinde betimsel analiz, bağımsız örneklem t-testi ve tek yönlü varyans (ANOVA) ve regresyon testi kullanılmıştır. Analiz sonucunda; katılımcıların bedeni beğenme tutumlarının ve rekreasyon farkındalıklarının yüksek olduğu belirlenmiştir. Yaş, medeni durum ve vücut kitle indeksi değişkenlerinin bedeni beğenme ve rekreasyon farkındalığı üzerinde anlamlı bir farklılık oluşturduğu görülmüştür. "Bedeni beğenme ile rekreasyon farkındalığı arasında doğrusal ve düşük düzeyde bir ilişki olduğu, bedeni beğenme tutumu rekreasyon farkındalığının anlamlı bir yordayıcısı olup toplam varyansın %8'ini anlamlı olarak açıkladığı tespit edilmiştir.

**Anahtar Kelimeler:** Rekreasyon Farkındalığı, Bedeni Beğenme, Kadın,

This article is extracted from my master thesis entitled "Researching of The Relationship Between Women's Body-Appreciation Attitudes, Recreational Awareness Levels of Women", (Master Thesis, Erzincan Binali Yıldırım University, Erzincan/Turkey, 2020).

## Introduction

Since people are social creatures, they desire to gain a place for themselves in the society in the relationships they establish with their environment. And, one of the social criteria of gaining a place in the society is thoughts and attitudes regarding the body (Erdoğan and Tütüncü, 2015). If the body appearance of individuals does not coincide with the image idealized by the society, body dislike arises. Body dislike could be clarified by the concept of body image, which is defined as the perceptions and feelings of individuals regarding body image (Oğuz Yaktıl, 2005). Body image could appear in two forms, positive and negative. The expression “body appreciation” is used for positive body image (Avalos et al., 2005). Body appreciation involves a perceived inconsistency between the individual's attitude towards their body and the idealized body by including evaluations regarding the size of the body, body structure, muscle and weight (Grogan, 2008). It is seen that body appreciation means having positive feelings towards the body and accepting the body as it is (Acerer, 2019). Negative body image corresponds to words such as body dislike or body dissatisfaction in accordance with the concerns about body shape and structure (Meland, Haugland, and Breidablik, 2006). Body dislike is defined as the difference between the current image and the image that is desired to be owned (Melching et al., 2016). Developing positive body thinking improves people's quality of life, physical health and regular nutrition levels (Grogan, 2008).

Recreation is a combination of activities in which individuals participate alone or with a group voluntarily in their spare time left over from daily work, which help the person to feel strong psychologically, physiologically and mentally, to refresh physically and spiritually, to regenerate and to enjoy, which have lots of benefits and which could create a healthier society (Sevim, 2018; Ardahan et al., 2016). Recreation, which is a part of life, enables people to establish social relationships, develop these relationships and exchange ideas (Ardahan et al., 2016). Taking part in recreational activities improves physical health and increases life satisfaction as well as contributing to healthy aging (Paggie et al., 2016). Recreation that integrates with life can be done in various types in any place. It can be performed at home by watching television, pursuing hobbies; outdoors by sports, concerts and cultural events; in public and private facilities by lectures, library events; in the countryside, by hiking and camping, and by many more various activities that could be listed. As such, participants could ensure renewal and refreshment thanks to the time they allocate for themselves by balancing their responsibilities such as working life, housework and raising children (Ayyıldız Durhan, 2018). Recreation meets the need for relaxation, entertainment and renewal that increases with the development of technology. Recreation has an important place in the struggle for life due to the physical and mental need for regeneration of the individual. For the existence of a physically and mentally healthy society, it is required that recreational activities and tendencies to be

performed within the realms of possibility should be identified consciously with awareness (Müderrisoğlu and Uzun, 2004).

As a result of the literature research, it is seen that the concept of “Body Appreciation” for women is examined in terms of various groups, subjects and variables, and the “Recreational Awareness” concept is mainly identified indirectly for women (Erdoğan and Tütüncü, 2015; Oğuz Yaktıl, 2005; Vega et al., 2014; Sell et al., 2017; Pignitore et al., 1997; Imren, 2018; Avalos et al., 2005; Grogan, 2008; Acerer, 2019; Meland et al., 2006; Melching et al., 2016; Russello, 2009 ; Maslow, 1939; Quittkat et al., 2019; Brennan et al., 2010; Paggie et al., 2016; Ayyıldız Durhan, 2018; Müderrisoğlu and Uzun, 2004). No research has been encountered in which direct body appreciation attitudes and recreational awareness levels are examined together. In this respect, it is believed that the research can contribute to the body of literature in terms of being original and being a source for future studies. It is an object of interest how body appreciation attitude, which is a mediator in social interactions, and the level of recreational awareness, which is a need for the development of the individual, are in a cycle with respect to women. In this research, we aim to examine women's body appreciation attitudes and recreational awareness levels, whether these levels differ according to age, body mass index and marital status variables, and the predictive status of body appreciation attitudes on recreational awareness. In this respect, answers to these sub-questions are sought:

1. What is the level of body appreciation and recreational awareness of women?

2. Do women's body appreciation attitudes and recreational awareness levels differ significantly according to age, body mass index and marital status variables?

3. Do women's body appreciation attitudes statistically significantly predict recreational awareness?

## **Method**

### ***Model of the Research***

In this research, correlational screening study, one of the general screening methods, has been used to identify the relationship between the body appreciation attitudes of women and their recreational awareness levels. Correlational screening is a research method that aims to discover whether two or more variables undergo a change together or, if so, the degree of change (Karasar, 2014). And, in this research, recreational awareness and body appreciation levels of the women participating in the research have been uncovered and the relationship between them has been examined. For this purpose, this research method is utilized as a correlational screening model.

## Research Group

The sample of this research includes 772 female participants who reside in Gümüşhane city center in the year 2019-2020. Simple random sampling method is used to designate the participants. The simple random sampling method is a probability-based sampling method in which each member of the community that represents the population has the opportunity to be selected equally and independently. This method is the most appropriate means with a view to creating a small representation in large masses that form the population (Altındış & Ergin, 2018). Since 17 of the filled forms were filled systematically, they have been excluded from the analysis, leaving 755 valid forms. The demographic characteristics of the participants who constitute the sample of the study are given in Table 1.

Table 1  
Findings Regarding the Demographic Information of Participants

Variable	Group	Frequency (n)	Percentage (%)
<b>Age</b>	20-30	286	37.9
	31-40	230	30.5
	41-50	131	17.4
	51 and above	108	14.3
<b>Body Mass Index</b>	Thin	37	4.9
	Normal-weight	418	55.4
	Over-weight	207	27.4
	Obese	93	12.3
<b>Marital Status</b>	Married	377	49.0
	Single	378	51.0
<b>Total</b>		755	100.0

As presented in Table 1, it is found that 68.4% of the women participating in the study are between the ages of 20-40, 55.4% are-weight normal, 27.4% are obese and 51% were single.

## Data Collection Tools

In order to collect these research data, three types of data have been used: Personal Information Form, Body Appreciation Scale and Recreational Awareness Scale.

### Body Appreciation Scale (BAS)

The original Body Appreciation Scale was designed by Tylkaa and Wood-Barcalow (2015) with the aim of discovering individuals' body appreciation levels. The scale was adapted to Turkish by Anlı et al. (2015). BAS is a five-point Likert type scale consisting of 10 items and a single sub-dimension. The scale does not include any reverse items and the highest score is 50 while the lowest score that can be obtained from the scale is 10. The low score to be obtained indicates the low level of body appreciation and the high score indicates the high level of body appreciation. The Cronbach

alpha reliability coefficient for the whole scale is calculated as = .90 by Tylkaa and Wood-Barcalow (2015) and as = .88 by Anlı et al. (2015) (Anlı et al., 2015).

In this research, explanatory factor analysis has been performed to ensure the construct validity of the Body Appreciation Scale. The suitability of the data for factor analysis has been checked via Kaiser-Meyer-Olkin (KMO) and Bartlett tests. The calculations are given as follows: Bartlett Test=4398,540 and the validity coefficient KMO = 0.941,  $p: .000$  ( $p < 0.05$ ). That the KMO value is greater than 0.90 shows the sample size is perfect (Şencan, 2005). According to these results, it is observed that the data are suitable for factor analysis. In the elimination of items that do not measure the same structure for the Body Appreciation Scale, the values above 0.40 of the factor load values of the items have been included in the calculation (Hair et al., 1998).

As a result of the analysis, it is seen that the dimensioning made with the data of this research exactly matches the dimensioning in the original form. When determining the number of factors, it is generally necessary and sufficient to have an eigenvalue above 1 (Kaiser, 1960). It is found in the analysis that all 10 items are collected in one factor. The load values of these items vary between 0.611-0.850. The total variance explained by the factor is 59.142%. Cronbach's Alpha value of the scale is 0.923 and  $\alpha \geq 0.85$  is attained to be perfectly reliable. It is concluded that the 10-item Turkish form of BAS is valid in the present research.

#### *Recreational Awareness Scale (RAS)*

Recreational Awareness Scale was created by Ekinçi and Özdilek (2019) to measure the recreational awareness levels of individuals (Ekinçi & Özdilek, 2019). The Recreational Awareness Scale is a five-point Likert-type scale consisting of 41 items and three sub-dimensions. These sub-dimensions are named as 1. Pleasure-Entertainment, 2. Social-Achievement, and 3. Self-development. Total internal consistency reliability in the scale has been found to be 0.94, while the sub-dimensions have been found to be pleasure-entertainment = 0.88, social achievement = 0.90, and self-development = 0.88; also, there were no reverse coded items in the scale. There are no total scores calculated for the scale. It can be said that as the score obtained from any sub-dimension increases, the awareness of that sub-dimension increases.

In this research, explanatory factor analysis has been performed to ensure the construct validity of the Recreational Awareness Scale. The suitability of the data for factor analysis have been checked with Kaiser-Meyer-Olkin (KMO) and Bartlett tests. The calculations are given as follows: Bartlett Test = 27224,568 and validity coefficient KMO = 0.975,  $p: .000$  ( $p < 0.05$ ). That the KMO value is greater than 0.90 shows the sample size is perfect (Şencan, 2005). According to these results, it is observed that the data are suitable for factor analysis. In the elimination of items that do not measure

the same structure for the Recreational Awareness Scale, the values above 0.40 of the factor load values of the items have been included in the calculation (Hair et al., 1998). As a result of the analysis, it is seen that the dimensioning made with the data of this study exactly matches the dimensioning in the original form. When determining the number of factors, it is generally necessary and sufficient to have an eigenvalue above 1 (Kaiser, 1960). It is observed as a result of the analysis that all 41 items are gathered in three sub-factors. The total variance that is explained by the three factors is 63%. The overall Cronbach's Alpha value of the scale is 0.969 and  $\alpha \geq 0.85$  is found to be perfectly reliable.

### **Data Analysis**

The expressions in the Body Appreciation and Recreational Awareness Scales have been analyzed for arithmetic mean, standard deviation, frequency and percentage results among the descriptive analysis. By examining the reliability levels of the Body Appreciation and Recreational Awareness Scales, exploratory (explanatory) factor analysis is applied to two scales.

While deciding on the analyses regarding the second sub-problems in which the change in the body appreciation attitude and recreational awareness level based on demographic characteristics, the compatibility of the data for normal distribution is primarily examined. In this process where Skewness and Kurtosis values are based upon, the sub-dimensions and overall and values of the scales are presented in Table 2.

Table 2  
Skewness and Kurtosis Values with Respect to the Data Distribution

	Skewness	Kurtosis
<b>BAS</b>	-.957	.625
Social Achievement	-.166	-.538
Self-development	-.303	-.648
<b>RAS</b>	-.632	.622
General	-.201	-.610

As given in Table 2, when the data distribution is examined, considering the fact that the Skewness and Kurtosis values regarding the distribution of the sub-dimensions and the overall data of the scales are between +2 and -2, it is accepted that the related distributions are normal (DeCarlo, 1997). In addition, when the Q-Q plot charts are examined, it can be assumed that the data are normally distributed since all values according to all sub-dimensions and total scores are collected on or very close to the diagonal.

Independent Sample t-test and One-Way Analysis of Variance (ANOVA) have been used among parametric analyses to ascertain the difference between variables. As a result of the One-Way Analysis of Variance, the "Bonferroni Test", one of the multiple comparison tests, has been used to

identify whether there is a significant difference between groups and between which groups the difference is. The results are evaluated at the significance level of  $p \leq 0.05$ . In the research, body mass index is calculated by the formula “ $BMI = kg / height^2$ ” given the answers for the weight and height questions in the personal information form and is classified according to WHO. The standard classification related to body mass index is given as follows: BMI under 18.5 is considered underweight, between 18.5-24.9 normal and healthy, between 25.0-29.9 overweight, 30.0 and above is defined obese (World Health Organization, 2020).

Simple linear regression test has been used to analyze whether body appreciation attitude, which is the third sub-problem of the research, is a significant predictor of recreational awareness.

### **Research Ethics**

This research was carried out with the approval of Erzincan Binali Yildirim University “Human Researches Ethics Committee” (Decision number: 12/09).

### **Findings**

In this section, the findings are presented below respectively in line with the sub-problems.

#### **Findings Regarding the First Sub-Problem “What are the Body Appreciation Attitude and Recreational Awareness levels of Women?”**

Table 3

The Results of the Analysis Regarding the Body Appreciation Attitudes and Recreational Awareness Levels of Women

	n:755	$\bar{X}$	ss
<b>Body Appreciation Attitude</b>		4.18	.856
<b>Social-Achievement</b>		4.24	.523
<b>Self-Development</b>		4.32	.529
<b>Pleasure-Entertainment</b>		4.27	.566
<b>General Average</b>		4.38	.492

As presented in Table 3, women's body appreciation attitude is given as ( $\bar{X} = 4.18$ ) and recreational awareness levels as ( $\bar{X} = 4.38$ ) and the sub-dimensions of the scale are observed as follows: (social-achievement sub-dimension is ( $\bar{X} = 4.24$ ), self-development sub-dimension is ( $\bar{X} = 4.32$ ), and it is seen to be high in the pleasure-entertainment sub-dimension ( $= 4.27$ )).

#### **Findings Regarding the Second Sub-Problem “Do Women's Body Appreciation Attitudes and Recreational Awareness Levels Differ According to Age, Marital Status and Body Mass Index?”**

Discriminant analyses aimed at discovering whether there is a difference between groups are included in this section in order to specify the body appreciation attitudes and recreational awareness levels of women, analyses of differences are included to determine whether there is a difference between groups. In this context, correlation analysis for age variable, analysis of variance (ANOVA test) to test the difference according to body mass index variable and t-test for marital status variable have been realized.

Table 4

Correlation Analysis Result Showing the Relationship Between Women's Age Variable and Body Appreciation Attitude

	n	r	p
<b>Age-Body Appreciation Attitude</b>	755	-.095	<b>.009*</b>

\*.  $p \leq 0,05$

As presented in Table 4, a low level of negative relationship ( $r: -0.095$ -  $p: 0.009$ ) has been found between body appreciation and age variable. According to this result, as the age of women increases, their body appreciation attitude decreases.

Table 5

T-Test Results Regarding the Scores Women Received for the Body Appreciation Attitude According to the Marital Status Variable

Marital Status	n	$\bar{X}$	ss	df	t	p	
<b>Body Appreciation Attitude</b>	Married	377	4.14	.730	753	-1.715	.087
	Single	378	4.22	.695			

\*.  $p \leq 0,05$

As seen in Table 5, body appreciation attitude scores of women according to marital status variable are close to each other. It is seen that there is no significant difference between the marital status and body appreciation scores of women ( $t_{(753)}=-1.715$ ,  $p>.05$ ). However, the average of the body appreciation attitudes of single women is higher than married women.

Table 6

ANOVA Test Results Related to the Scores Women Received for Body Appreciation Attitude According to the Variable Body Mass Index

	Body Mass Index	n	$\bar{X}$	ss	df	f	p	Bonferroni
<b>Body Appreciation Attitude</b>	Thin (1)	37	4.27	.767	751/3	15.140	<b>.000*</b>	<b>1&gt;4*</b> <b>2&gt;3*</b> <b>2&gt;4*</b>
	Normal (2)	418	4.32	.611				
	Over-weight (3)	207	4.03	.769				
	Obese (4)	93	3.87	.829				

\*.  $p \leq 0,05$



As observed in Table 6, it has been found that there is a significant difference in the body appreciation attitudes of women according to body mass index variable ( $f_{(3,751)}=15.140$ ,  $p<.05$ ). Bonferroni test, one of the Post Hoc analyses, has been realized to uncover between which groups the difference occurs. According to the results of the Bonferroni test, the body appreciation attitudes of thin women are significantly different from the body appreciation attitudes of obese women, and the body appreciation attitudes of normal weight women from the body appreciation attitudes of over-weight and obese women. Accordingly, the body appreciation attitudes of thin and normal weight women are significantly higher than over-weight and obese women.

Table 7

Correlation Analysis Result Showing the Relationship Between Women's Age Variable and Recreational Awareness Levels

	n	r	p
<b>Age-Recreational Awareness Level</b>	755	-.113	.002*

\*.  $p \leq 0,05$

As given in Table 7, a low level of negative ( $r: -.113$ -  $p: 0.02$ ) relationship has been found between recreational awareness and age variable. According to this result, as the age of women increases, their recreational awareness level decreases.

Table 8

T-Test Results Regarding the Scores Women Received from the Sub-Dimensions of the Recreational Awareness Level According to the Marital Status Variable

Factor Status	Marital	n	$\bar{X}$	Ss	df	t	p
<b>Social Achievement</b>	Married	377	4.19	.534	753	-2.588	<b>.010*</b>
	Single	378	4.29	.508			
<b>Self-Development</b>	Married	377	4.26	.517	753	-3.012	<b>.003*</b>
	Single	378	4.38	.535			
<b>Pleasure-Entertainment</b>	Married	377	4.17	.608	753	-4.712	<b>.000*</b>
	Single	378	4.36	.503			

\*.  $p \leq 0,05$

As presented in Table 8, it is observed that there is a significant difference, according to women's marital status variable, in the sub-dimensions of recreational awareness as in the following: social-achievement ( $t_{(753)}=-2.588$ ,  $p<.05$ ), self-development ( $t_{(753)}=-3.012$ ,  $p<.05$ ) and pleasure-entertainment ( $t_{(753)}=-4.712$ ,  $p<.05$ ). According to this result, social-achievement levels of single women differ significantly from married women, self-development levels of single women from married women, and pleasure-entertainment levels of single women from married women. Accordingly, the social-achievement, self-development and pleasure-entertainment levels of single women are significantly higher than of married women.

Table 9

ANOVA Test Results Regarding the Scores Women Received from the Sub-Dimensions of the Recreational Awareness Level According to the Body Mass Index Variable

	Body Mass Index	n	$\bar{X}$	ss	df	f	p	Bonferroni
<b>Social-Achievement</b>	Thin (1)	37	4.29	.493	751/3	3.512	<b>.015*</b>	<b>2&gt;4*</b> <b>3&gt;4*</b>
	Normal (2)	418	4.27	.527				
	Over-weight (3)	207	4.26	.519				
	Obese (4)	93	4.08	.504				
<b>Self-Development</b>	Thin (1)	37	4.38	.559	751/3	3.424	<b>.017*</b>	<b>2&gt;4*</b>
	Normal (2)	418	4.36	.525				
	Over-weight (3)	207	4.30	.547				
	Obese (4)	93	4.18	.468				
<b>Pleasure-Entertainment</b>	Thin (1)	37	4.25	.538	751/3	5.436	<b>.001*</b>	<b>2&gt;4*</b>
	Normal (2)	418	4.33	.530				
	Over-weight (3)	207	4.21	.599				
	Obese (4)	93	4.09	.617				

\*.  $p \leq 0,05$

As presented in Table 9, it is seen that there is a significant difference, according to women's body mass index variable, in the recreational awareness sub-dimensions as follows: social-achievement ( $f_{(3,751)}=3.512$ ,  $p<.05$ ), self-development ( $f_{(3,751)}=3.424$ ,  $p<.05$ ) and pleasure-entertainment ( $f_{(3,751)}=5.436$ ,  $p<.05$ ). Bonferroni test, one of the Post Hoc analyses, has been realized to find out between which groups the difference occurs. According to Bonferroni test results, social-achievement levels of women with normal and overweight body mass index and self-development and pleasure-entertainment levels of women with normal body mass index are significantly different from women with obese body mass index. Accordingly, social achievement levels of women with normal and overweight body mass index, and self-development and pleasure-entertainment levels of women with normal body mass index are significantly higher than obese women.

#### **Findings Regarding the Fourth Sub-Problem “Are Recreational Awareness Levels of Women Predicted by Their Body Appreciation Attitudes?”**

In this section, with a view to ascertaining whether women's body appreciation attitudes are predictors of recreational awareness levels, firstly, correlation analysis has been performed to investigate whether there is a relationship, and secondly, regression analysis results have been examined to reach a predictive relationship.

Table 10  
Correlation Results Between Body Appreciation Attitude and Recreational Awareness Level

	Body Appreciation Attitude		Recreational Awareness Level
<b>Body Appreciation Attitude</b>	r	1	.290
	p		<b>.000*</b>
	n	755	755
<b>Recreational Awareness Level</b>	r	.290	1
	p	<b>.000*</b>	
	n	755	755

\*.  $p \leq 0,05$

As presented in Table 10, the correlation value has been found between women's body appreciation attitudes and recreational awareness levels. The Pearson Correlation coefficient specifies the relationship between the factors and when its value is between 0.70 - 1.00, it indicates a high, between 0.30 - 0.69, a medium, and 0.29 and below a low level of correlation (Büyüköztürk, 2009). According to the table, a statistically significant, linear and low-level relationship is found between body appreciation attitude and recreational awareness level ( $r=.290$ ,  $p<.05$ ).

Table 11  
Regression Analysis Results Regarding the Relationship Between Body Appreciation Attitude and Recreational Awareness Level

Variable	B	Standard Error	B	t	p
<b>Constant</b>	3.543	.102		34.695	.000
<b>Body Appreciation Attitude</b> $r=.290$ $r^2=.084$ $f=69.381$ $p=.000$	.200	.024	.290	8.329	.000

As presented in Table 11, the designed regression model reveals that women's body appreciation attitudes and their recreational awareness develop a low level and significant relationship ( $R=.290$ ,  $R^2=.08$ ,  $p<.005$ ). It is assumed that a one-unit increase in body appreciation attitude will cause an increase of .290 in the recreational awareness level. The independent variable included in the model explains 8% of the total variance regarding the recreational awareness levels of women that are the dependent variable. This situation indicates that the 92% change in recreational awareness levels can be explained by different variables that are not included in the regression model.

The regression equation for predicting the recreational awareness level according to the regression analysis results is given below.

$$\text{Recreational awareness level} = 3.543 + .200 \text{ body appreciation attitude}$$

## Discussion and Conclusion

The following results have been obtained in this research, which has examined women's body appreciation attitudes and their recreational awareness levels, whether these levels differ according to age, marital status and body mass index variables, and the predictive status of their body appreciation attitudes on recreational awareness.

It is seen that most of the participants have a high level of body appreciation attitude. In agreement with this result, Uslu (2019), Swami et al. (2015) and Khorshid et al. (2007) find that women's body appreciation levels are generally high.

It is monitored that women's general recreational awareness levels and its sub-dimensions are high. This result shares similarity to the studies held by these researchers: Yue (2012), Chao et al. (2013), Chin Tsai (2013), Sabancı (2016), Ekinçi (2017), Ayyıldız Durhan and Karaküçük (2017), Kocaer (2018) and Üstün and Aktaş Üstün (2020). However, as a result of the research conducted by Ekinçi et al. (2014), the results of the study differ, where women did not have enough information about recreational activities and their benefits.

A low level of negative correlation is found between women's body appreciation attitudes and age. While the results regarding the age in this research are in parallel to the differences found by Franzoi and Kohler, Tiggemann, and Hamurcu et al., they are inconsistent with the results of Tiggemann and Lynch's, Bacacı's and Webster and Tiggemann's studies.

It is observed that there is no significant relationship between marital status and body appreciation. Yıldız (2019) does not find a significant difference between marital status and body appreciation in their study, which examines whether the 12-week Zumba fitness training program has an effect on body assessment for women. Analogously, Bacacı (2019) does not find a statistically significant difference between marital status and body perception in their study that investigates women mostly.

It is seen that there is a significant relationship between women's body appreciation attitudes and body mass index. It is found that the body appreciation attitudes of women with a thin body mass index are higher than obese women, and the body appreciation attitudes of women with normal body mass index are higher than those of overweight and obese women. In parallel with this result, in the results of the research conducted by Frederick et al. (2006), Algars et al. (2009), Avan (2015), Aydın (2018), Okumuşoğlu (2017) and Hamurcu et al., it is stated that the body appreciation of women with a thin and normal body mass index is higher than that of women in the other categories. Also, in the studies conducted by Işık (2018), Homan and Tylka (2015), Duarte et al. (2015), Pingitore et al. (1997), it is suggested that the decrease in body appreciation is related to the excessive body weight.

It is found that there is a low negative relationship between the age variable and women's recreational awareness levels. The sixth stage of development, which is isolation (loneliness) versus intimacy between the ages of 21-30, explained by Erik Erikson in his psychosocial development theory, is related to having fun, establishing social relationships, gaining status, being useful and successful. Havighurst (1961) states that according to the disengagement theory, people's participation in activities is generally restricted as they become older.

It is observed that marital status is effective on women's recreational awareness levels. It is found that the pleasure-entertainment, self-actualization and social-achievement levels of single women are higher than married women. In parallel with this result, Shaw (1994), Koca et al. (2009), Lapa et al. (2018) found that women could act very limited in terms of participation in recreational activities in consequence of the responsibilities of being a 'mother' or 'wife' as well as the housework responsibilities.

It is observed that there is a significant relationship between women's recreational awareness levels and body mass index. The social-achievement dimension of women whose body mass index is normal or over-weight, and self-development and pleasure-entertainment dimensions of women whose body mass index is normal are found to be higher than obese women. Similar to this result, Doğan and Gümüş (2016) have shown that individuals with normal body mass index are much more engaged in social and artistic recreational activities than other groups, slightly overweight individuals than thin individuals, and thin individuals than obese individuals.

Another result obtained from the research is that there is a significant, linear and low-level relationship between body appreciation attitude and recreational awareness. It has been specified that body appreciation attitude is a significant predictor of recreational awareness and that it significantly explains 8% of the total variance. There are also similar researches in the literature. James (1995) and Yaşartürk et al. (2016) observe that one of the factors which affect women's participation in recreational activities is their perception of body appreciation, and women who do not have confidence in their physical appearance in participating in recreational activities do not prefer to participate in an activity. Kelly and Freysinger (2000) notice that women are more likely to participate in sports activities that are physically passive and do not require body contact, in activities that do not emphasize physical appearance, and in recreational activities in or around the home. Thomsson (1999), in his study on Swedish women, finds that the underlying reason for participating in recreational sports is women's desire to improve their appearance and lose weight, and Dove (2006), in a global survey instructed in 10 countries, observes that 67% of women between the ages of 15 and 64 distance themselves from socializing and life-sustaining activities because they do not like their appearance. Moreover, Aydın and Özel (2016) note that women who are dissatisfied with their body

appearance constitute a barrier to participating in recreational activities. Anxiety about creating a bad impression on others visually and being exposed to critical gaze could prevent participation in recreational activities in leisure time.

## Conflict Statement

There was no statement of conflict between the authors regarding the research.

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<sup>1</sup> Bu alıřma 6. Uluslararası Akademik Spor Arařtırmaları Kongresi'nde zet bildiri olarak sunulmuřtur.