

## Investigation of the Relation Between Sports Awareness and Life Satisfactions of Young Generations

Hacı Şükrü TAŞTAN<sup>1\*</sup> , Ali Davut ALKAN<sup>1</sup> 

<sup>1</sup>Niğde Ömer Halisdemir University, Niğde, Türkiye

Original Article

Received: 10.08.2023

Accepted: 24.09.2023

DOI: 10.47778/ejsse.1340507

Online Published: 30.09.2023

### Abstract

The purpose of this study was to investigate the association between young generations sports awareness levels and their life satisfaction. Human resource management is an important trend in today's business environment. In this research, the life satisfaction of young generations, who will be the future human resource of the business world, was examined from the perspective of sports awareness. It is thought that the research will provide important benefits for the young generations, who will play an important role in the future, to be healthy and happy individuals, social welfare and production. The quantitative research method was used in the study. Descriptive scanning was used in the study to identify people's attitudes and behaviors. Within the scope of the research, a questionnaire including a personal information form and sports awareness and life satisfaction scales was applied to individuals aged 12-25. A total of 1.102 people, 751 women and 351 men, participated in the research. The research findings and the obtained data were obtained by ANOVA test and correlation analysis in SPSS program. The study's findings show a considerable difference between the young generation's relation with sports, life satisfaction and sports awareness, as well as a weak and positive relation between sports awareness and life contentment. As a result, it can be said that the status of the participants' relation with sports has an effect on their awareness of sports and their life satisfaction and state of sports awareness also contributes positively to the life satisfaction of the participants.

**Keywords:** Sports, Sports awareness, Life satisfaction

## Genç Kuşakların Spor Farkındalığı ile Yaşam Doyumları Arasındaki İlişkinin İncelenmesi

### Öz

Bu çalışmada, genç kuşakların spor farkındalık düzeyleri ile yaşam doyumları arasındaki ilişkinin incelenmesi amaçlanmıştır. Günümüz iş dünyasının önemli trendlerinden birisi de insan kaynakları yönetimidir. Yapılan bu çalışmada, iş dünyasının gelecekteki insan kaynağı olacak genç kuşakların yaşam doyumları spor farkındalık perspektifinden ele alınarak incelenmiştir. Araştırmanın, gelecekte önemli rol oynayacak genç kuşakların sağlıklı ve mutlu bireyler olmasına, toplumsal refah ve üretim için önemli yararlar sağlayacağı düşünülmektedir. Araştırmada nicel araştırma yöntemi kullanılmıştır. Araştırmada, kişilerin tutum, görüş, beklenti ve davranışlarını belirlemek için betimsel tarama yapılmıştır. Araştırma kapsamında, 12-25 yaş arasında yer alan bireylere kişisel bilgi formu ile spor farkındalık ve yaşam doyumunu ölççeklerini içeren anket uygulanmıştır. Araştırmaya 751 kadın, 351 erkek olmak üzere toplam 1.102 kişi katılmıştır. Araştırma bulgularına elde edilen verilerin SPSS istatistik programında ANOVA testi ve korelasyon analizi yapılarak ulaşılmıştır. Araştırma sonuçları, genç kuşak olarak nitelendirilen ortaokul, lise ve üniversite çağındaki bireylerin spor ilişki durumları ile yaşam doyumunu ve spor farkındalıkları arasında anlamlı bir fark olduğunu, spor farkındalık durumları ile de yaşam doyumları arasında ise zayıf ve pozitif yönde bir ilişkinin var olduğunu ortaya koymaktadır. Sonuç olarak çalışmada yer alan katılımcıların sporla ilişki durumlarının spor farkındalığı ve yaşam doyumları üzerinde etkisinin olduğu, spor farkındalık durumlarının da katılımcıların yaşam doyumlarına olumlu olarak katkısının bulunduğu söylenebilir.

**Anahtar kelimeler:** Spor, Spor farkındalığı, Yaşam doyumunu

\*Corresponding Author: Hacı Şükrü TAŞTAN, E-mail: [h.sukrutastan@ohu.edu.tr](mailto:h.sukrutastan@ohu.edu.tr)

## INTRODUCTION

In literature numerous studies have been carried out on ensuring happiness and welfare in human life, and on living a healthy and peaceful life. In this sense, together with science fields such as sociology and philosophy, sports sociology and sports philosophy, which are sub-branches of these disciplines, deal with the importance of sports in human life and the change in people and societies from past to present within social structures and institutions (Yetim, 2006; Erdemli, 2002). The place and importance of sports in human life is increasing day by day. While in the past, sports were only considered as bodily physical activity, today sports emerges as an interdisciplinary field with the contribution of many scientific fields. Sport is seen that it gains importance as an interdisciplinary field that finds its place in medicine, politics, economy, religion, sociology, philosophy, culture and many other fields.

In sports, physical activities and physical exercises and training the body have been important research topics of sports sciences. Today, sport is recommended and encouraged to be done in many areas such as entertainment, health, work, money earning tool, competition, being healthy, looking good, socializing, acculturation, advertising tool, providing corporate reputation, increasing the motivation of employees and ensuring that they are effective and productive. It is considered as an indispensable activity for life and on which serious investments are made.

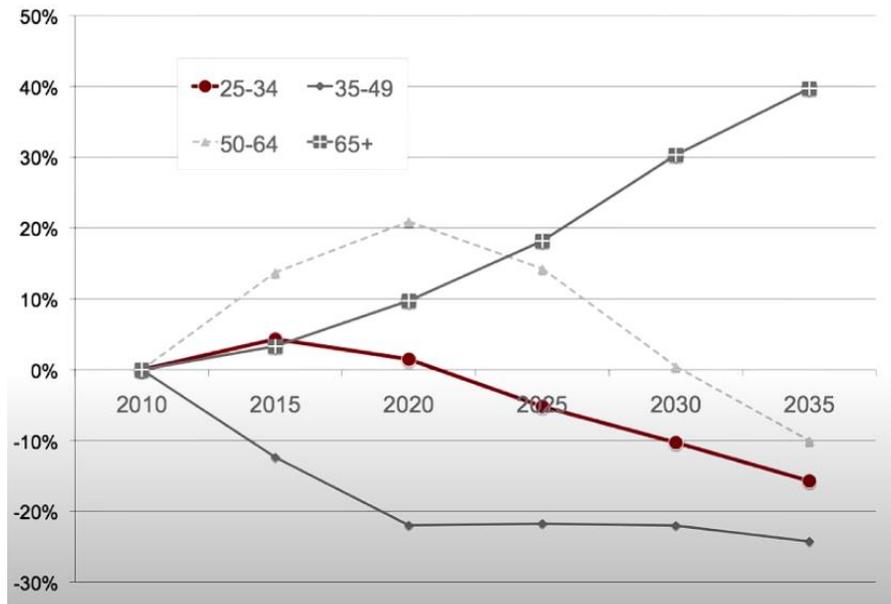
Considering that sports has a comprehensive field of interaction and various benefits, its place and importance in human life is indisputable. Several study have shown that physical activity is connected with happiness, health, quality of life and life satisfaction (Brown et al., 2015; Sigvartsen et al., 2016). In this field, which has been shown to have so many social benefits, it has been seen that it is painful to investigate the level of social awareness and its effects on life satisfaction, and it is considered that the research reveals the importance of this aspect.

The fact that the research sample is made up of young people is regarded as significant in terms of shaping society's future. Societies create long-term, medium-term, and short-term strategies for the future. In this way, societies try to shape their futures by means of social engineering or human engineering in order to ensure their sustainability and gain competitive advantage over the societies they compete with.

Administrations have physical, financial and human resources (Eren, 2011). Human resources, which are expected to use physical and financial resources effectively and efficiently are of importance. Talented, dynamic and innovative young people also come to the fore in human resources. Many businesses strive to have young, talented, pleasant, harmonious, healthy human resources in order to increase their profitability and market share and to carry their assets to the future (Benligiray, 2013). The fact that countries have a young population is seen as one of the important factors affecting their future. Countries are doing different studies to increase the young population rates. In Türkiye, the rulers of the period underline the importance of this with the

slogan "at least three children". Having a young population can be considered as a golden resource today.

Along with this, social changes both in the world and in Türkiye have brought demographic changes as well. Especially the decrease in the young population in European countries draws attention. German management scientist Trost (2021) shows that in the demographic change graph of Germany between 2010 and 2035, the 25-34 age group and the 34-49 age group decreased over the years, while the age group over 65 years of age increased over the years (Graph 1). Trost also states that during his visit to Istanbul, he observed that Türkiye has a young population while he was wandering around the streets of Istanbul, and when he returned to Germany, when compared to this situation, the elderly population was higher in the streets. This is one of the megatrend issues in human resources management emphasized by German management scientist Trost (Trost, 2021). Trost emphasizes that this demographic change is the same in many western country and that this will lead to a lack of talent over time and states that companies will increasingly need skilled, young and qualified people, as there is a change from physical labor to knowledge (Trost, 2021; Trost, 2023).



**Graph 1.** Graph of demographic change in Germany between 2010-2035

In addition, when the young population ratio of Türkiye is compared with the young population ratio of European countries, the ratio of Türkiye's young population to the overall population is 15.4%, which is higher than the ratio of 27 European Union member countries' young population populations (Table 1). When we look at the young population rates of European Union member countries in 2020, the Greek Cypriot Administration and Ireland have the highest young population with 12.7%, Denmark with 12.5%, and the Netherlands with 12.3%, respectively. Bulgaria has a youthful population of 8.8%, Czechia has a population of 9.0%, and Latvia has a population of 9.1% (Eurostat, 2020).

**Table 1.** Young population ratio by age groups in Türkiye, 2020

Age group	Population ratio %	Non-young population ratio %	Young population ratio %
15-17 Age group	28,6		
18-19 Age group	19,8		
20-22 Age group	31,3	84,6	15,4
23-24 Age group	20,4		

According to Turkish Statistical Institute (TÜİK) 2020 data, 12 million 893 thousand 750 people (15.4%) of Türkiye's population, which is 83 million 614 thousand 362 people, consists of young people between the ages of 15-24 (Table 1). This population of 28.6% is 15-17 age group, 19.8% is 18-19 age group, 31.3% is 20-22 and 20.4% is 23-24 age group (TÜİK, 2021).

**Table 2.** Life satisfaction survey results and general happiness level of youth, 2019, 2020

Years	Happy	Medium	Unhappy
2019	%56,7	%33,8	%9,6
2020	%47,2	%38,6	%14,2

According to the life satisfaction survey conducted by TÜİK on 18-24 age group youth in 2020, the rate of those who consider themselves happy is 47.2% (Table 2). According to the life satisfaction survey this rate is 56.7% in 2019). In 2020, while the rate of those who see themselves as happy in young men is 41.4%, this rate is 53.2% in young women (TÜİK, 2020).

**Table 3.** Values of young people as sources of happiness by gender, 2020

Gender	Health	Love	Success	Money	Other
Male	41,9	12,7	28,0	10,7	6,7
Female	54,4	18,6	21,1	3,0	3,0
Average	48,0	15,6	24,6	7,0	4,9

According to the life satisfaction survey conducted by TÜİK (2020), health was the first source of happiness for the youth with 48.0%, success was the second with 24.6%, love was the third with 15.6%, and money was at the fourth place (Table.3). According to the results of the source of happiness in terms of gender, in men, health ranked first with 41.9%, success with 28.0% and love with 12.7%. As for women, health was the first with 54.4%, the second was success with 21.1%, and the third was love with 18.6% (TÜİK, 2020).

Today, it is seen that technological developments and city life, which lead to unhealthy nutrition and decrease in movement and sports opportunities, increase obesity and sedentary (sedentary) life. However, in the light of the data above, it can be said that people's efforts for a healthy and natural life have increased. In sports, individuals, the smallest unit of society, increase their

importance as much as societies. It is seen that the culture of doing sports has evolved in societies and has begun to be used as a means of socialization, looking good, self-realization, reputation and advertising among young people.

Life satisfaction is thought to have significant psychological variability, especially during adolescence (Leung & Leung, 1992). Life satisfaction during adolescence; Physical and positive self-perception can also be affected by environmental factors (Dewt & Huebrer, 1994). In this process where the adolescent questions himself and tries to adapt to his physical changes, it may cause problems if he is not happy with his life (Yiğit, 2010). Life satisfaction has been defined with different approaches. In general terms, life satisfaction is defined as meeting the things that are expected to happen, needs and desires, a state of well-being, being happy, receiving pleasure, being pleasant and motivated, being away from emotions such as sadness and pain, physical health, and psychological well-being (Karadayı, 2018). Throughout the life of individuals in the 12-21 age group, also referred to as the adolescent age group, they have the ability to be successful in school and in their fields of interest (sports, music, painting), to be appreciated, admired, respected by their environment (friends, family, social circle), to be financially successful. It is evaluated that they achieve life satisfaction in situations such as meeting their spiritual expectations and needs (Karadayı, 2018; Yiğit, 2010).

In this study, the effect of awareness in sports on the life satisfaction of young people is being investigated. The results of the study reveal the importance of popularizing sports among young people, who are the guarantee of the future of societies, and the importance of sports awareness and life satisfaction levels in order for the adults of the future, who will take different roles in social institutions, to fulfill these roles effectively and efficiently.

## **METHODS**

### **Research Method**

Quantitative research method was used in the research. In the research, descriptive survey was conducted to determine the attitudes, opinions, expectations and behaviors of the people (Gürbüz & Şahin, 2018). The first part of the research consists of information and data obtained from the literature. In the second part of the study, the data obtained from the sports awareness and life satisfaction scales were analyzed and the findings were reached.

### **Research Group**

The population of the research, according to TÜİK (2021) data, consists of 19 million 409 thousand 441 people in the 12-25 age group in Türkiye (TÜİK, 2022). The sample of the research consists of 1.252 people determined by the snowball sampling method, which can be used in cases where it is difficult to form a sample circle (Okumuş, 2022).

Taştan, H.Ş., & Alkan, A.D. (2023). Investigation of the relation between sports awareness and life satisfactions of young generations. *Eurasian Journal of Sport Sciences and Education*, 5(2), 311-327.

In determining the sample size, ready-made tables that were calculated and prepared before were used (Karagöz, 2016a; Karagöz, 2016b; Gürbüz & Şahin, 2018). According to the minimum sampling table accepted for different universes, the 99% confidence interval was calculated as 665 in the population with 10.000.000 (Gürbüz & Şahin, 2018). This sample size was considered sufficient as 1.102 people participated in the study. The questionnaires applied to the participants were applied electronically and simultaneously through the Google Forms application.

### **Data Collection Tools**

Awareness and life satisfaction scales in sports were applied to the participants. In order to save time and money in their research, researchers can benefit from scales that are generally developed or scales whose validity and reliability have been proven in previously completed studies (Gürbüz & Şahin, 2018). In this study, data collection tools that were previously applied or developed with this method were used.

*Sports Awareness Scale:* In the research, the “Sports Awareness Scale” developed by Uyar and Sunay (2020) was used. The scale consist of 30 items prepared with a 5-point Likert answer option and has two sub-dimensions. While the first dimension, called Sports Knowledge and Distinguishment of Knowledge (SBBAE), consists of 21 items, the second dimension, called Social and Individual Benefit (SBF), consists of 9 items (Uyar & Sunay, 2020).

*Life Satisfaction Scale:* In the research, the “Life Satisfaction Scale”, which was adapted to Turkish by Dağlı and Baysal (2016) and whose validity and reliability were demonstrated, was used. It has been revealed that the Life Satisfaction Scale, like the original scale, has a single-factor structure and consists of 5 items, as in the original scale (Dağlı & Baysal, 2016).

In the questionnaires used in the research, a total of 54 questions were asked to the participants in 3 separate sections. Within the scope of the research, demographic information (19 questions), awareness in sports (30 questions) and life satisfaction scale (5 questions) were applied to the participants.

### **Ethical Approval**

Ethical approval of the research was obtained with the decision of Niğde Ömer Halisdemir University Ethics Committee dated 06.04.2021 and numbered E-86837521-050.99-45226.

### **Data Collection**

The research data were collected in electronic environment around Türkiye, after obtaining the necessary permissions and approval of the ethics committee.

### **Analysis of Data**

In the research, the data collection tools were applied to the sample group with a simple random method from the universe and the collected data were transferred to the electronic environment through the Microsoft Office program. The data transferred to the electronic media were analyzed

in the IBM SPSS (Statistical Package for the Social Sciences) 18 statistical program and the findings were reached. The findings obtained from the analysis were interpreted and reported.

In the research, frequency analysis, percentage trend analysis, factor analysis, ANOVA test and correlation analysis were performed descriptively. Since kurtosis and skewness values are between  $\pm 1.5$ , it can be said that the data are normally distributed (Tabachnick & Fidell, 2013).

In the study, ANOVA test was performed to test the difference at a certain significance level by comparing the averages of more than two groups. Correlation analysis was performed to determine the existence and severity of a mutual relation between two variables or multiple variables (Gürbüz & Şahin, 2018).

## FINDINGS

In this part of the research, the results of the analysis on the relation between sports awareness levels and life satisfaction are included. The demographic findings of the participants are presented in Table 4.

**Table 4.** Descriptive statistical distribution of demographic information

Demographic Variables	Groups	Frequency (n) (%)	Percent (%)
Age / Educational status	12-14 aged Middle school	46	4,2
	15-18 aged High School	325	29,5
	19-25 aged Universty	731	66,3
	Total	1.102	100,0
Gender	Female	751	68,1
	Male	351	31,9
	Total	1.102	100,0

Table 4 contains descriptive statistical data about the demographic features of the younger generations who participated in the research. A total of 1.102 people participated in the research. According to the findings, 751 (68.1%) of the participants were female and 351 (31.9%) were male. Age and educational status distribution of the participants, 46 (4.2%) in secondary school between the ages of 12-14, 325 people (29.5%) in high school between the ages of 15-18, 731 people (66.3%) in the university between the ages of 19-25.

Using the data obtained, it was examined whether the participants showed a significant difference in their life satisfaction according to their relations with sports (I have no relation with sports, spectator, participant, both spectator and participant). The research results are presented in Table

5. While 239 of the participants were not related to sports, 202 of them were related to sports as spectators, 227 participants and 434 both as spectators and participants.

**Table 5.** One- Way ANOVA test results (Relation with sports/ life satisfaction)

Relationship with sports	N	$\bar{x}$	SD	df	F	p
I'm not involved in sports	239	3,63	1,48			
Spectator	202	3,69	1,38			
Participant	227	4,05	1,47	3,1098	8,108	<b>0,000*</b>
Both spectator and participant	434	3,91	1,43			

\*p<0.05, n=1.102

According to the One-Way ANOVA test analysis results presented in Table 5, there is a significant difference between the participants' relation with sports and their life satisfaction ( $F_{(3,1098)} = 8,108$ ,  $p<0,05$ ). In other words, the life satisfaction of the participants; it differs depending on whether they are a participant, a spectator, or both a spectator and a participant, that is, their relation with sports.

According to the participants' sports relation status (I have no relationship with sports, spectator, participant, both spectator and participant), whether there is a significant difference in sports awareness status was investigated from the data obtained. The research results are presented in Table 6.

**Table 6.** One- Way ANOVA test results (Relation with sport/sports awareness)

Relation with Sports	N	$\bar{x}$	SD	df	F	p
I'm not involved in sports	239	2,79	1,48			
Spectator	202	3,20	1,38			
Participant	227	3,70	1,47	3,1098	117,545	<b>0,000*</b>
Both spectator and participant	434	3,91	3,35			

\*p<0.05, n=1.102

According to the One-Way ANOVA test analysis results presented in Table 6, there is a significant difference between the participants' relation with sports and their sports awareness ( $F_{(3,1098)} = 117,545$ ,  $p<0,05$ ). In other words, the sports awareness of the participants differs significantly depending on whether they are a participant spectator or both a spectator and a participant, that is, their relation with sports.

**Table 7.** Results of correlation analysis between research variables

Variables	$\bar{x}$	SD	1	2
1. Life Satisfaction	3,93	1,45	-	
2. Sports Awareness	3,35	0,71	<b>0,09**</b>	-

\*\*p< 0.01, n=1.102

Table 7 shows the correlation between the factors of the research dimensions. According to the results in the table 7; there is a significant and positive weak correlation ( $p<0.01$ ) between the participants' awareness of sports and their life satisfaction ( $r=0.09$ ). Participants' sports awareness, can be shown as an important proof of their awareness of the benefits of sports, meeting their expectations from life and being satisfied with what they have in their lives.

**Table 8.** Results of correlation analysis between sub-dimensions of research variables

Variables	$\bar{x}$	SD	1	2	3
1. Life Satisfaction	3,93	1,45	-		
2. Sports Awareness – Sub-Dimension 1 Distinguish between Sports Information	2,98	0,82	<b>0,10**</b>	-	
3. Sports Awareness – Sub-Dimension 2 Social and Individual Benefit	3,74	0,66	0,02	<b>0,45**</b>	-

\*\* p< 0.01, n=1.102

Table 8 shows the correlation relations and significance levels between the factors of the research sub-dimensions. According to the results in the table; there is a significant and positive weak correlation ( $p<0.01$ ) between the participants' life satisfaction and the sub-dimension of sports awareness, sport knowledge and distinguishing knowledge ( $r=0.10$ ). However, no significant relation was found between the social and individual benefit sub-dimension of sports awareness ( $p>0.05$ ). In addition, there is a moderate and positive relation ( $p<0.01$ ) between the sports awareness sub-dimension, sports knowledge and distinguishing knowledge, and the sports awareness sub-dimension, social and individual benefit ( $r=0.45$ ). It is seen that the participants contribute to their life satisfaction thanks to their sports knowledge rather than the social and individual benefits of sports.

## DISCUSSION AND CONCLUSION

The correlation between sports awareness levels and life satisfaction of individuals aged 12 to 25 was investigated in this study. The statistical analysis of the data obtained from the participants revealed a significant difference between the sports relation status, life satisfaction and sports awareness of the middle school, high school and university aged individuals, referred to as the young generation and a weak positive relation between their sports awareness status and their life satisfaction. In other words, it can be said that the status of the participants' relation with sports

has an effect on their awareness of sports and life satisfaction, and their state of sports awareness also contributes positively to the life satisfaction of the participants.

At the same time, the research results of twelve master's and five doctoral thesis conducted by other researchers on the relation between life satisfaction and sports in the last five years were compared with this research. In the research conducted on the effect of sports awareness of students studying at high schools (different types) in Kocaeli on life satisfaction, it was revealed that as the economic status and educational status of parents increase, participation in regular sports activities increases and this contributes to life satisfaction (Öztürk, 2019).

In the research conducted to reveal the relation between life satisfaction, leisure time satisfaction and self-esteem levels of Bartın University Faculty of Sports Sciences students, it was stated that there is a significant difference between recreational activities and life satisfaction (Özel, 2019). Another study investigated at high school students opinions regarding physical education and sports instruction in relation to their life satisfaction levels. According to the findings of the study, students' demographic features were an essential role in their attitudes toward physical education and sports classes, as well as their life satisfaction, and positive views toward this lesson boosted life contentment (Atik, 2020). In the research conducted with the aim of "Examination of the relation between the motivation to participate in sports and life satisfaction of students in provincial sports centers", it is said that although there is no gender difference on life satisfaction, life satisfaction is effective in increasing the motivation to participate in sports (Aytaş, 2020). In the research conducted with the aim of "Examination of the happiness levels and life satisfaction of individuals who exercise for recreational purposes", it has been revealed that physical satisfaction in individuals who exercise has a positive effect on the happiness of individuals and indirectly on life satisfaction (Önmen, 2021). In addition, in another study on recreational activities, it was found that as university students' sports participation levels increase, self-respect and careful decisions of students increase, and procrastination and panic decisions decrease in decision-making (Yiğit & Yurtseven, 2019).

In the research conducted on determining the sportive life satisfaction and school experiences of athlete students within the scope of coach-athlete relations, it was stated that sportive activities can be a significant predictor of life satisfaction in high school students (Somoğlu, 2021).

In the research titled "*Examination of Perceived Health Outcomes, Perception of Being Bored in Leisure and Life Satisfaction Levels of Individuals Participating in Recreational Tennis*", it is stated that there is an interaction between life satisfaction and daily tennis playing time and club membership (Kayapınar, 2021). In the study on "*The effect of regular exercise on some physical fitness parameters and life satisfaction*", it was statistically revealed that there is no significant difference between life satisfaction and whether the participants do sports or not (Turak, 2021). An other in the research conducted on the life satisfaction of university students who do sports, it has been determined that there is a relational situation between life satisfaction, career anxiety and hopelessness level (Küçükkeskin, 2021).

In one study, researchers looked at the association between leisure time and life happiness in volleyball players, it is stated that leisure time satisfaction is an element that increases life satisfaction in volleyball players (Sönmez, 2022). In the medical specialty thesis conducted to examine the school success, school satisfaction and life satisfaction of primary school age professional wrestlers, it was determined that primary school age wrestlers had higher school and life satisfaction but low school achievement compared to the control group (Ay, 2022).

In a study on the association between physical activity levels and life happiness of those who exercise regularly in sports centers, there was no statistical difference in life satisfaction of those who regularly do physical activity (Taştan, 2022). In the study of "*Examination of the effectiveness of the mindfulness-based exercise program on the psychological well-being and life satisfaction of university students*", it was revealed that this situation has a significant effect on increasing the level of life satisfaction of university students who exercise for two months (Terzioğlu, 2022).

In another study that examined at the relation between university students' recreation awareness and higher education life satisfaction, it was found that as participants' recreational awareness levels improved, so did their life happiness levels (Geven, 2022). Another study found a statistically significant difference between psychological well-being and life satisfaction in university students who participate in sports on a regular basis. Furthermore, it was found that participants who spent more time doing sports had better levels of life satisfaction than those who spent less time doing sports (Tufan, 2022).

In the study on the examination of happiness levels and life satisfaction of sports high school and science high school students, it was determined that there was a significant difference between students' grade levels, weekly sports activities and life satisfaction (Başdemir, 2022). In another study, as a result of investigating the quality of life and life satisfaction levels of individuals who go to gyms for recreational purposes, it was concluded that quality of life variables such as income, age, sex, marital status, etc. did not have an effect on life satisfaction (İnce, 2022). In the research conducted by Başar in 2018, it was concluded that those who do sports regularly have better psychological well-being and happiness than those who do not do regular sports (Başar, 2018). According to Mutz et al. (2021), observations and studies found that Leisure Time Sports Activities (LTSA) were associated with the well-being and well-being of the participants, but the study results showed that the LTSA's overall life satisfaction and domain-specific satisfaction, connections, relations, view, leisure, work, and health, but the relation is most evident for leisure satisfaction. The relations between sport and life satisfaction, leisure satisfaction, and subjective health are non-linear, and we are approaching the point where further LTSA is no longer advantageous. Furthermore, the data support the notion that diversity in the LTSA is significant, as persons who participate in a wider range of sporting activities are happier. Finally, findings concerning the spatial and organizational environment imply that outdoor sports and club-organized sports have extra advantages (Mutz et al., 2021). Positive links have been found between physical activity and health in all age groups, including youth (McMahon et al. 2016; Jetzke & Mutz 2019).

The social benefits of sports have been generally accepted for many years (Coalter, 2007). It is stated that individuals can improve their physical and mental well-being through sports activities, as well as socialize during sports activities, strengthen friendship bonds, and increase the individual's life satisfaction with all these effects such as belonging and identification and positive psychological well-being (Wann et al., 2015). In other words, participating in sports activities can lead to the development of an individual's personal-psychological capital, increased psychological well-being and positive evaluation of living conditions. As a result, a feeling of satisfaction may occur in the individual's living spaces (Bockorny & Youssef-Morgan, 2019). In addition, research shows that although individuals' participation in sports does not directly increase life satisfaction, it mediates positive results in the development of psychological capital (Park et al., 2022).

Another study which examined differences in life satisfaction between adolescents who participated in sports programs and those who did not, found that participants who participated in sports programs had higher life satisfaction rates than those who did not participate in such extracurricular activities. recommends promoting sports education among children and adolescents (Šimunović, & Olčar, 2022). Another study aiming to examine the link between physical activity and life satisfaction on adolescents revealed that there is a positive connection between physical activity and life satisfaction through the mediating role of perceptions of thinness and overweight, and emphasizes that it mediates the effect of physical activity on life satisfaction (Meyer et al., 2021). Another study conducted on young people revealed the effect of physical activity on the well-being of young people and that young people's life satisfaction and socialization are the main factors affecting well-being (Tao et al., 2022). These results can be used to develop youth education policy, such as promoting sports in schools or conducting awareness campaigns about participation in out-of-school leisure activities (Canal-Domínguez et al., 2017).

When the above-mentioned findings are evaluated as a result of the literature review, it is seen that there are studies that show less contrast with this study and produce more similar results. It is thought that these differences may be caused by different variables and factors such as the frequency of doing sports and the branch of sports.

One of the important trends of today's business world is human resources management. In this research, the life satisfaction of young generations, who will be the future human resource of the business world, was examined from the perspective of sports awareness. He evaluates that the life satisfaction and happiness of young generations will have positive reflections on work performance and social life. In this context, it is considered that in the planning for the determination of sports policies, incentives and preparations for young people to do sports should be included as well as the studies to be done for academic success.

## **RECOMMENDATIONS**

Countries are trying to predict the future of their demographic structures with various researches. It is thought that the sustainability of the countries will be possible with the quality human resources they have. In this sense, it is considered that the life satisfaction and happiness of young generations will contribute positively to social life and work performance. Sport is an important source of life for societies. In this context, it is recommended to encourage young people to do sports and to provide opportunities in addition to the studies to be carried out for the academic success of the youth in the education policies of the country. For this purpose, Sports activities and sports organizations can be organized by school administrations to increase the sports awareness levels of young people. In schools, each student may be asked to choose a sport from among individual or team sports. Students who are successful in a sports branch in the education system may be given additional points in the university entrance exam. Additionally, sports-related life satisfaction of individuals with high academic success can be investigated in the future.

**Conflict of Interest:** There is no personal or financial conflict of interest between the authors in this study.

**Authors' Contribution:** The design of the research (HŞT), collection of data (ADA), statistical analysis (HŞT) interpretation of the findings obtained from the analysis (HŞT), reporting and preparation of the article were carried out by the (HŞT). The authors have read and accepted the published version of the article.

## **Ethical Approval**

**Ethics Committee:** Niğde Ömer Halisdemir University Ethics Commission

**Date:** 06.04.2021

**Number/Decision No:** E-86837521-050.99-45226. / 2021/07/01

## REFERENCES

- Atik, G. (2020). *Investigation of the relationship between secondary school students' attitudes towards physical education and sports lesson and levels of life satisfaction (Kırıkkale province example)*. Master's thesis. Kırıkkale University, Institute of Health Sciences, Department of Physical Education and Sports, Kırıkkale.
- Ay, E. (2022). *Investigation of school achievement, school satisfaction and life satisfaction of professional wrestlers in primary education*. Thesis in medicine. Health Sciences University, Konya City Hospital, Family Medicine Clinic, Konya.
- Aytaş, Y. (2020). *Investigation of the relationship between sports participation motivation and life satisfaction of students in provincial sports centers*. Master's thesis. Yozgat Bozok University, Institute of Health Sciences, Department of Physical Education and Sports, Yozgat.
- Başar, S. (2018). The effect of regular exercise on depression, happiness and psychological well-being. *İnönü University Journal of Physical Education and Sport Sciences*, 5(3), 25-34.
- Başdemir, Y. (2022). *Investigation of happiness levels and life satisfaction of sports high school and science high school students*. Master's thesis. Sivas Cumhuriyet University, Institute of Health Sciences, Department of Physical Education and Sports, Sivas.
- Benligray, S. (2013). Human resources management. Geylan R. & Tonus Z.H (Ed.). *Human resources management and organisation* (Unit 1) (pp.2-34). Anadolu University Press.
- Bockorny, K., & Youssef-Morgan, C. M. (2019). Entrepreneurs' courage, psychological capital, and life satisfaction. *Front. Psychol.*, 10, Article 789. <https://doi.org/10.3389/fpsyg.2019.00789>
- Brown, J.L., MacDonald, R., & Mitchell, R. (2015). Are people who participate in cultural activities more satisfied with life? *Social Indicators Research*, 122 (1), 135–146. <https://doi.org/10.1007/s11205-014-0678-7>
- Canal-Domínguez, J. F., Muñiz, M., & Suárez-Pandiello, J. (2017). The practice of sport and its influence on social values and behaviour education. *Leisure Studies*, 36(5), 721-733. <https://doi.org/10.1080/02614367.2016.1261180>
- Coalter, F. A. (2007). *Wider social role for sport*. Routledge
- Dağlı, A., & Baysal, N. (2016). Adaptation of life satisfaction scale to Turkish: A validity and reliability study. *Electronic Journal of Social Sciences*, 15(59), 1250-1262. <https://doi.org/10.17755/esosder.263229>
- Dew, T. & Huebner, E. S. (1994). Adolescents' perceived quality of life: an exploratory investigation. *Journal of School Psychology*, 32, 185–199. [https://doi.org/10.1016/0022-4405\(94\)90010-8](https://doi.org/10.1016/0022-4405(94)90010-8)
- Erdemli, A. (2002). *Sports philosophy*. E Publications.
- Eren, E. (2011). *Management and organization*. Beta Publications.
- Eurostat. (2020). European Union Statistical Office (Eurostat) Database. 07.04.2022, <https://ec.europa.eu/eurostat/web/main/data/database>
- Geven, C. (2022). *Investigation of the relationship between university students' recreation awareness and higher education life satisfaction levels*. Master's thesis. Bartın University, Graduate Education Institute, Department of Physical Education and Sports, Bartın.
- Gürbüz, S., & Şahin, F. (2018). *Research methods in social sciences* (5th Edition). Seçkin Publishing.

Taştan, H.Ş., & Alkan, A.D. (2023). Investigation of the relation between sports awareness and life satisfactions of young generations. *Eurasian Journal of Sport Sciences and Education*, 5(2), 311-327.

---

İnce, T. (2022). *Investigation of life quality and life satisfaction levels of individuals who come to gyms for recreational purposes*. Master's thesis. Sakarya University of Applied Sciences, Graduate School of Education, Department of Physical Education and Sports, Sakarya.

Jetzke, M., & Mutz, M. (2019). Sport for pleasure, fitness, medals or slenderness? differential effects of sports activities on well-being. *Applied Research in Quality of Life*, 15, 1519-1534. <https://doi.org/10.1007/s11482-019-09753-w>

Karadayı, S. (2018). *Life satisfaction, psychological needs and self-percept in individuals in adolescence and early adulthood*. Master's thesis. Nişantaşı University Social Sciences Institute. İstanbul.

Karagöz, Y. (2016a). *Statistical analysis*. Nobel Publishing.

Karagöz, Y. (2016b). *SPSS ve AMOS23 applied statistical analysis*. Nobel Publishing.

Kayapınar, K. (2021). *Investigation of perceived health outcomes, perception of leisure time boredom and life satisfaction levels of individuals participating in recreational tennis*. Master's thesis. Ankara University, Institute of Health Sciences, Department of Physical Education and Sports, Ankara.

Küçükkeskin, F. (2021). *The mediator role of career anxiety in the relationship between life satisfaction and hopelessness: an application on recreation department students*. Master's thesis. Mersin University Institute of Educational Sciences, Department of Physical Education and Sports. Mersin.

Leung, J. P., & Leung, K. (1992). Life satisfaction, self-concept, and relationship with parents in adolescence. *Journal of Youth and Adolescence*, 21, 653– 65. <https://doi.org/10.1007/BF01538737>

McMahon, E.M., Corcoran, P., O'Regan, G., Keeley, H., Cannon, M., Carli, V., Wasserman, C., Hadlaczky, G., Sarchiapone, M., Apter, A., Balazs, J., Balint, M., Bobes, J., Brunner, R., Cozman, D., Haring, C., Iosue, M., Kaess, M., Kahn, J.P., Nemes, B., Podlogar, T., Poštuvan, V., Sáiz, P., Sisask, M., Tubiana, A., Várnik, P., Hoven, C.W., & Wasserman, D. (2016). Physical activity in european adolescents and associations with anxiety, depression and well-being. *European Child & Adolescent Psychiatry*, 26(1), 111–122. <https://doi.org/10.1007/s00787-016-0875-9>

Meyer, S., Weidmann, R., & Grob, A. (2021). The mirror's curse: Weight perceptions mediate the link between physical activity and life satisfaction among 727,865 teens in 44 countries. *Journal of Sport and Health Science*, 10(1), 48-54. <https://doi.org/10.1016/j.jshs.2020.01.002>

Mutz, M., Reimers, A.K., & Demetriou, Y. (2021). Leisure time sports activities and life satisfaction: deeper insights based on a representative survey from Germany. *Applied Research in Quality of Life: The Official Journal of the International Society for Quality-of-Life Studies*, 16(5), 2155-2171. <https://doi.org/10.1007/s11482-020-09866-7>

Okumuş, A. (2022). *Scientific research techniques*. İstanbul University Faculty of Open and Distance Education Publishing.

Önmen, H. (2021). *Investigation of happiness levels and life satisfaction of individuals exercising for recreational purposes*. Master's thesis, Necmettin Erbakan University, Institute of Social Sciences, Department of Recreation Management, Konya.

Özel, B. (2019). *Investigation of the relationship between life satisfaction, leisure time satisfaction and self-esteem levels of recreation activities of university students in the faculty of sport sciences*. Master's thesis, Bartın University, Institute of Social Sciences, Department of Physical Education and Sports, Bartın.

Öztürk, F. (2019). *Investigation of life satisfaction and problem solving skills of high school students in kocaeli region according to sports status*. Master's thesis, Kocaeli University, Institute of Health Sciences, Department of Physical Education and Sports, Kocaeli.

Taştan, H.Ş., & Alkan, A.D. (2023). Investigation of the relation between sports awareness and life satisfactions of young generations. *Eurasian Journal of Sport Sciences and Education*, 5(2), 311-327.

---

Park, J., Uhm, J. P., Kim, S., Kim, M., Sato, S., & Lee, H. W. (2022). Sport community involvement and life satisfaction during covid-19: A moderated mediation of psychological capital by distress and generation z. *Frontiers in Psychology*, 13, 861630. <https://doi.org/10.3389/fpsyg.2022.861630>

Sigvartsen, J., Gabrielsen, L.E., Abildsnes, E., Stea, T.H., Omfjord, C.S., & Rohde, G. (2016). Exploring the relationship between physical activity, life goals and health-related quality of life among high school students: a cross-sectional study. *BMC Public Health*, 16(1), 1-9. <https://doi.org/10.1186/s12889-016-3407-0>

Somoglu, M. B. (2021). *Coach-Athlete relationships, school experiences and sportive life satisfaction of athlete students*. PhD thesis, Trabzon University, Graduate Education Institute, Department of Physical Education and Sports, Trabzon.

Sönmez, N. (2022). *Investigation of the relationship between leisure time satisfaction and life satisfaction of active volleyball players*. Master's thesis, Mersin University, Institute of Educational Sciences, Department of Physical Education and Sports, Mersin.

Šimunović, Z., & Olčar, D. (2022). Life satisfaction among adolescents: Comparison of adolescents attending music and sports programs and those who do not. *International Journal of Learning, Teaching and Educational Research*, 21(5), 428-445.

Tabachnick, B. G., & Fidell, L. S. (2013). *Using multivariate statistics* (Sixth ed.). Pearson.

Tao, B., Chen, H., Lu, T., & Yan, J. (2022). The effect of physical exercise and internet use on youth subjective well-being-the mediating role of life satisfaction and the moderating effect of social mentality. *Int J Environ Res Public Health*, 19(18), Article 11201. <https://doi.org/10.3390/ijerph191811201>

Taştan, Y. (2022). *The relationship between physical activity levels and life satisfaction of individuals who exercise regularly in sports centers*. Master's thesis, Aydın Adnan Menderes University, Institute of Health Sciences, Physical Education and Sports Education, Aydın.

Terzioğlu, Z. A. (2022). *Investigation of the effects of awareness-based exercise program on psychological well-being and life satisfaction of university students*. PhD thesis, Akdeniz University, Institute of Social Sciences, Department of Recreation, Antalya.

Trost, A. (2021). Human resources management (HRM). 10.05.2023, [https://www.youtube.com/watch?v=c8\\_avX9miag&list=PLzjYQfVGYahv1hZtA\\_HMRhebuJXXSdEgh](https://www.youtube.com/watch?v=c8_avX9miag&list=PLzjYQfVGYahv1hZtA_HMRhebuJXXSdEgh)

Trost, A. (2023). Armin Trost. 10.05.2023, <https://armintrost.de/en/>

Tufan, A. (2022). *Investigation of the relationship between psychological well-being and life satisfaction of students studying at Atatürk University Faculty of Sport Sciences*. Master's thesis, Atatürk University, Institute of Winter Sports and Sports Sciences, Department of Sports Management, Department of Sports Management, Erzurum.

Turak, H. (2021). *The effect of regular exercise on some physical fitness parameters and life satisfaction*. Master's thesis, Gaziantep University, Institute of Health Sciences, Department of Physical Education and Sports, Gaziantep.

TÜİK. (2020). Address based population registration system. 10.05.2023, <https://data.tuik.gov.tr/Kategori/GetKategori?p=Nufus-ve-Demografi-109>

TÜİK. (2021). Youth with statistics. 07.04.2022, <https://data.tuik.gov.tr/Bulten/Index?p=Istatistiklerle-Genclik-2020-37242>

TÜİK. (2022). Population and housing census, 2021. 10.05.2023, <https://data.tuik.gov.tr/Bulten/Index?p=Nufus-ve-Konut-Sayimi-2021-45866>

Taştan, H.Ş., & Alkan, A.D. (2023). Investigation of the relation between sports awareness and life satisfactions of young generations. *Eurasian Journal of Sport Sciences and Education*, 5(2), 311-327.

---

Uyar, Y., & Sunay, H. (2020). Development of sports awareness scale: Validity and reliability study. *SPORTMETRE Journal of Physical Education and Sport Sciences*, 18(1), 46-58. <https://doi.org/10.33689/spormetre.672441>

Wann, D. L., Waddill, P. J., Brasher, M., & Ladd, S. (2015). Examining sport team identification, social connections, and social well-being among high school students. *Journal of Amateur Sport*, 1, 27–50. <https://doi.org/10.17161/jas.v0i0.4931>

Yetim, A. (2006). *Sports sociology*. Morpa Culture Publications.

Yiğit, H. (2010). *Examining the self-esteem of adolescents in terms of life satisfaction and some personal qualities*. Master's thesis. Selcuk University, Institute of Education Sciences, Department of Educational Sciences, Department of Psychological Counseling and Guidance. Konya.

Yiğit, O., & Yurtseven, E. (2019). Investigation of differences in self-esteem and decision-making styles of university students in decision-making according to variables related to recreational sports. *Academic Social Research Journal*, 6(43), 551-565. <http://dx.doi.org/10.29228/SOBIDER.39350>



Except where otherwise noted, this paper is licensed under a **Creative Commons Attribution 4.0 International license**.