

# Investigating the Relationship between Sport Engagement and Intention to Quit Smoking

## Spora Bağlılık İle Sigarayı Bırakma Niyeti Arasındaki İlişkinin İncelenmesi

Zafer GAYRETLİ<sup>1</sup>



<sup>1</sup>Tekirdağ Namık Kemal University, Faculty of Sports Sciences, Department of Sports Management, Tekirdağ, Türkiye

Çağdaş CAZ<sup>2</sup>



<sup>2</sup>Yozgat Bozok University, Faculty of Sports Sciences, Department of Sports Management, Yozgat, Türkiye

Samet ZENGİN<sup>3</sup>



<sup>3</sup>Trabzon University, Faculty of Sports Sciences, Department of Sports Management, Trabzon, Türkiye

Özgür ÖZDEMİR<sup>4</sup>



<sup>4</sup>Trabzon University, Faculty of Sports Sciences, Department of Sports Management, Trabzon, Türkiye



### ABSTRACT

Sports are a positive phenomenon for people of all ages in terms of mental, physical, and spiritual health. Smoking can have a negative impact on the aforementioned health issues. Based on these considerations, the study's goal was to investigate the relationship between commitment to sports and intention to quit smoking, and the relational screening model was employed to this end. The research group consisted of 248 individuals determined by convenience sampling method. The "Sport Engagement Scale (SES)" and the "Intention to Quit Smoking Scale (IQSS)" were used in the study. To examine demographic characteristics, the T-test and ANOVA tests were used in the data analysis. The relationship between the scales was also assessed using the Pearson correlation test. The study's findings revealed that participants' average scores on both sport engagement and its factors, as well as their intention to quit smoking, were close to high. The t-test and ANOVA test results revealed significant differences in the variables of gender, health effects of smoking, weekly sports day, the years of smoking, and the years of doing sports. It was determined that there were positive and significant relationships between the scores of intention to quit smoking and the overall score of sport engagement scale and its "vigor and absorption" factors.

**Keywords:** Sports, engagement, quitting smoking

### Öz

Spor, her yaşta birey için zihinsel, fiziksel ve ruhsal açıdan faydalı bir olgudur. Sigara kullanımı ise bahsi geçen sağlıklı durumlar için olumsuz sonuçlar ortaya çıkarabilmektedir. Bu düşüncelere istinaden çalışmada, spora bağlılık ile sigarayı bırakma niyeti arasındaki ilişkinin incelenmesi amaçlanmış ve bu amaç bağlamında ilişkisel tarama modeli kullanılmıştır. Araştırma grubu, kolayda örnekleme yöntemiyle belirlenen 248 bireyden oluşmuştur. Araştırmada "spora bağlılık ölçeği" ile "sigarayı bırakma niyeti ölçeği" kullanılmıştır. Verilerin analizinde, demografik özellikleri değerlendirmek için, T-Testi ve ANOVA testi uygulanmıştır. Ayrıca ölçekler arasındaki ilişki, Pearson korelasyon testi ile değerlendirilmiştir. Araştırma bulgusu, katılımcıların hem spora bağlılık ve alt boyutlarından hem de sigarayı bırakma niyetinden aldıkları puan ortalamalarının yükseğe yakın olduğunu göstermiştir. T-testi ve ANOVA testi sonuçlarına göre cinsiyet, sigaranın sağlığa zararlı olup olmadığı, spor yapılan gün sayısı, sigara içilen yıl ve spor yapılan yıl değişkenlerinde anlamlı farklılıklar olduğu görülmüştür. Sigarayı bırakma niyeti ile spora bağlılık ölçeğinin geneli ve "dinç olma/odaklanma" alt boyut puanları arasında pozitif yönlü, anlamlı ilişkiler olduğu belirlenmiştir.

**Anahtar Kelimeler:** Spor, bağlılık, sigarayı bırakma

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**Sorumlu Yazar/Corresponding author:**

Zafer GAYRETLİ

E-mail: zaferrgayretli@gmail.com

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## Introduction

Sports promote social unity and integrity while also improving individual well-being. Organizing and encouraging sporting activities helps society become healthier, more active, and happier (Yetim, 2000). These components of athletics benefit people's physical health, as well as their personal growth and societal obligations. According to İnal (2000), participating in sports can lead to improved health, balance, and societal benefits. Commitment is defined as a high-level emotion that relates to a person, an idea, an institution, or another entity's attachment to something greater than themselves, as well as the obligation they must fulfill towards this. In the context of this description, commitment can alternatively be defined as an individual's desire to associate with a goal, an ideology, a community, or a value system and maintain this connection.

It is quite true that sports are closely related to social life and that interest in different branches of sports varies today. Tendencies towards sports are generally shaped in line with the interests, curiosities and abilities of individuals (Tükenmez, 2009). It is observed that young adults who regularly participate in sports activities generally have lower levels of anxiety (Ashdown-Franks et al., 2017). Adult athletes share the same motives as children and adolescents, such as a healthy lifestyle and social integration, but they are less concerned with technical growth strength. As a result, the adequacy of these programs designed to meet the needs of the individual is a critical factor in determining individual engagement and continuity in sports or physical activities (Roberts, 2001).

People who enjoy athletics participate in activities that help them enhance their athletic performance and make them happy. Athletes participate in sports with confidence, effort, and a dynamic stance. This is described as completely participating in sports while in a pleasant attitude (Lonsdale et al., 2007). Álvarez et al. (2009) found that sports engagement can be exhibited through various characteristics, including enthusiasm, confidence, effort, and dedication. People learn to bond and be bonded from the moment they are born. The bonding process, which begins in the womb, continues with bonding impulses resulting from changing needs throughout life. There are three characteristics of bonding: Addiction begins with intense feelings of desire, then continues with occasional loss of control, and is finally characterized by the inability to resist the addictive substance (Shaffer et al., 2000). It is known that sports have many positive benefits. However, there are some habits, attitudes and behaviors that can have negative health consequences which smoking plays a key role in.

Affecting health and causing health problems, smoking is recognized as a public health problem (Fiore, 1992). Smoking is a very popular habit around the world. There are currently over one billion smokers in the world. According to Bilir, Doğan, and Yıldız (2000), smoking is a prevalent habit in our country and a major public health issue. It is the biggest cause of diseases and health problems globally (Karlıkaya et al., 2006). The most important thing smokers can do to protect their health is to quit smoking. When you quit smoking, your risk of developing smoking-related diseases decreases, and if you do develop a disease, the rate at which it progresses slows down (Godtfredsen & Prescott, 2011). Most smokers try to quit without help, and a significant number return to smoking within a short time (Hughes et al., 1992).

It has been demonstrated that social learning plays an essential part in smoking habit, and that providing a good example for young people by not smoking and encouraging them to quit smoking is helpful in avoiding smoking initiation and encouraging smoking cessation. When the influence of family members and the influence of the social environment, such as peer pressure and peer competition, emotional instability experienced by adolescents during mental development, and behavioral characteristics such as imitating others are combined, the smoking habit in young people grows. The fact that smoking rates rise with age implies that young people should be warned before they begin smoking. To prevent children from starting to smoke, families, schools, and friends also need to be educated. Reducing the number of illnesses and deaths caused by smoking requires reducing the number of times you start smoking, delaying the age at which you start smoking, and increasing rates of quitting smoking. Adolescents should be made aware of smoking as early as possible, and the media should value tobacco prevention education programs for adolescents, who we consider to be at high risk (Çolakoğlu, 2005). Teachers, especially physical education teachers, who play an important role in society in preventing smoking have an important responsibility because tobacco consumption and sports are incompatible (Pekşen et al., 2005).

Sedentary lifestyle, malnutrition and irregular sleep, and smoking have all begun to pose major health risks. To mitigate

the effects of these unfavorable outcomes, the prevalence of sports participation should rise, as should the rate of quitting smoking. Based on these considerations, the study's goal is to investigate the relationship between people's engagement to sports and their intention to quit smoking.

## Methods

### Study Model

In the current study, the relational research model (Büyüköztürk, 2015) was used to determine the change between two or more variables in quantitative research. The aim was to demonstrate the relationship between engagement in sports and intention to quit smoking.

### Study Group

A total of 248 people, sampled through “convenience sampling” method, participated in the study, 165 (66.5%) of whom were male and 83 (33.5%) were female. Introductory information of the participants are presented in Table 1. Ethics Committee approval was received for this study from the ethics committee of Yozgat Bozok University (Date: July 17, 2024, Decision Number: 16/17). Also verbal consent was obtained from all the participants.

**Table 1.**  
*Introductory information of the participants*

Variables	Category	n	%
Gender?	Male	165	66.5
	Female	83	33.5
Do you think smoking is harmful to your health?	Yes	236	95.2
	No	12	4.8
How many days a week do you exercise?	1-2 day(s)	131	52.8
	3-4 days	86	34.7
	5-7 days	31	12.5
How many years have you been smoking?	1-5 year(s)	158	63.7
	6-10 years	47	19.0
	11 years and more	43	17.3
How many years have you been doing sports?	1-5 year(s)	95	38.3
	6-10 years	68	27.4
	11 years and more	85	34.3
<b>Total</b>		<b>248</b>	<b>100</b>

### Data Collection Tools

In the current study, “Introductory Information Form”, “Sport Engagement Scale” and “Intention to Quit Smoking Scale” were used to collect the data.

**Sport Engagement Scale (SES):** The Sport Engagement Scale, developed by Guillen and Martinez-Alvarado (2014) and adapted into Turkish by Kayhan et al., (2020), consists of 2 factors (vigor and absorption) with 10 items. The score that can be obtained from the scale ranges 10 to 70. The scale items are rated on a 7-point Likert scale (1= Hardly Ever,... 7= Almost Always). There are no reverse item(s).

**Intention to Quit Smoking Scale (IQSS):** Söyler and Yorulmaz (2024) devised a scale with a single factor and eight items. The scale's 5-point Likert-type evaluation produces a score ranging from 8 to 40. There is no reverse item on the scale. Increasing scores indicate a higher intention to quit smoking, whilst declining values indicate a lower want to quit smoking.

## Data Collection

In this study, where the survey method was used, data were collected via Google Forms. A total of 248 participants were included in the study within the scope of the purpose of the study.

## Data Analysis

The data analysis showed that the skewness and kurtosis coefficients were appropriate for the parametric test approach (Table 2). In addition, Cronbach Alpha internal consistency coefficients for the measuring instruments were computed. T-tests and ANOVA tests were used to determine whether there were significant differences in participants' engagement in sports and intention to quit smoking based on various demographic characteristics, and the Tukey HSD test was used to explain the differences between the groups. Finally, the Pearson correlation test was used to assess the relationship between the measures.

## Results

**Table 2.**  
*Distributions of Scores for Sports Engagement and Intention to Quit Smoking (n=248)*

Scale and Factors	Item	Min.	Max.	Mean	SD	Skewness	Kurtosis	Cronbach Alpha
Vigor	7	14.00	49.00	6.01	8.03	-1.259	1.065	.936
Absorption	3	5.00	21.00	5.47	4.17	-.633	-.429	.843
Sport Engagement (Total)	10	19.00	70.00	5.84	11.57	-1.012	.416	.942
Intention to Quit Smoking (Total)	8	8.00	40.00	3.90	9.83	-.949	-.245	.950

When the scores of engagement to sports and intention to quit smoking were examined, it was determined that the participants' mean scores from both engagement to sports and its factors and intention to quit smoking were close to high. In addition, the skewness and kurtosis values also show that the data were normally distributed (Table 2).

**Table 3.**  
*T-Test Results by Gender and Health Effects of Smoking*

Scale and Factors	Male (n=165)		Female (n=83)		t	p
	Mean	SD	Mean	SD		
Vigor	42.46	7.08	41.30	9.65	.970	.334
Absorption	16.80	4.05	15.65	4.33	2.058	<b>.041*</b>
Sport Engagement (Total)	31.63	10.12	30.37	9.25	.949	.344
Intention to Quit Smoking (Total)	59.26	10.55	56.95	13.32	1.376	.171

  

Scale and Factors	Yes (n=236)		No (n=12)		t	p
	Mean	SD	Mean	SD		
Vigor	42.24	7.84	38.66	11.03	1.109	.290
Absorption	16.48	4.11	15.00	5.25	1.204	.230
Sport Engagement (Total)	31.82	9.31	19.16	12.34	4.514	<b>.000*</b>
Intention to Quit Smoking (Total)	58.73	11.34	53.66	15.33	1.129	.282

*p* < .05\*

The t-test analysis for independent samples revealed a significant difference (*p* < .05) between male and female participants in the "absorption" of sports engagement. Furthermore, examining the variable "health effects of smoking" revealed a substantial difference (*p* < .05) in overall sports engagement. (Table 3).

**Table 4.**  
**ANOVA test results by weekly sports day, years of smoking and years of doing sports**

Scale and Factors	1-2 day(s) (1) (n=131)		3-4 days (2) (n=86)		5-7 days (3) (n=31)		Weekly Sports Day		
	Mean	SD	Mean	SD	Mean	SD	F	p	Significance
Vigor	41.30	8.46	42.33	7.32	44.58	7.70	2.175	.116	---
Absorption	15.71	4.34	16.54	3.95	19.00	2.88	8.259	.000*	3>1,3>2,3>2>1
Sport Engagement (Total)	57.02	12.14	58.88	10.73	63.58	10.05	4.205	.016*	3>1
Intention to Quit Smoking (Total)	30.12	10.15	31.29	9.98	35.54	6.58	3.895	.022*	3>1
Scale and Factors	1-5 year(s) (1) (n=158)		6-10 years (2) (n=47)		11 years and more (3) (n=43)		Years of Smoking		
	Mean	SD	Mean	SD	Mean	SD	F	p	Significance
Vigor	43.05	7.91	36.82	7.92	44.18	6.11	14.016	.000*	1>2,3>1>2,3>2
Absorption	17.24	3.82	13.55	4.45	16.48	3.81	15.867	.000*	1>2,1>3>2,3>2
Sport Engagement (Total)	60.30	11.15	50.38	11.48	60.67	9.39	15.949	.000*	1>2,3>1>2,3>2
Intention to Quit Smoking (Total)	33.67	8.80	23.42	9.87	30.65	9.04	23.313	.000*	1>2,1>3>2,3>2
Scale and Factors	1-5 year(s) (1) (n=95)		6-10 years (2) (n=68)		11 years and more (3) (n=85)		Years of Doing Sports		
	Mean	SD	Mean	SD	Mean	SD	F	p	Significance
Vigor	38.86	9.26	43.79	6.04	44.28	6.74	13.617	.000*	3>2>1,2>1,3>1
Absorption	15.21	4.36	17.25	3.45	17.09	4.21	6.726	.001*	2>3>1,2>1,3>1
Sport Engagement (Total)	54.07	13.03	61.04	8.75	61.37	10.34	12.227	.000*	3>2>1,2>1,3>1
Intention to Quit Smoking (Total)	29.20	10.78	30.20	10.49	34.25	7.19	6.714	.001*	3>1,3>2,3>2>1

$p < .05^*$

The ANOVA test results regarding the participants' weekly sports days, years of smoking and years of sports are shown in Table 4. Accordingly, significant differences ( $p < .05$ ) were determined in the number of days the participants spent sports and the intention to quit smoking and factors of engagement to sports and absorption factor when the participants' years of smoking and years of doing sports were examined, significant differences ( $p < .05$ ) were found in both sport engagement and its factors and intention to quit smoking. In general, it was determined that the participants' average sports engagement scores and smoking cessation intention scores were high (Table 4).

**Table 5.**  
**Relationship Between Sports Engagement and Intention to Quit Smoking (n=248)**

		Vigor	Absorption	Sport Engagement (Total)	Intention to Quit Smoking (Total)
Vigor	r	1			
	p				
Absorption	r	.775**	1		
	p	.000			
Sport Engagement (Total)	r	.974**	.899**	1	
	p	.000	.000		
Intention to Quit Smoking (Total)	r	.476**	.390**	.471**	1
	p	.000	.000	.000	

$p < .01$ \*\*

Positive and significant correlations were found between participants' intention to quit smoking, the overall sport engagement scale, and the "vigor/absorption" factors scores ( $p < .01$ ). These findings suggest that as people's dedication to sports grows, so does their intention to quit smoking (Table 5).

### Discussion and Conclusion

According to the research results, it was determined that there was a significant difference in the "absorption" factor of engagement to sports between male and female participants, but there was no significant difference in "vigor" and "total scale" scores. This is because sports have a global aspect, and when done within a discipline, it is assumed that gender is not a distinguishing feature and that it stems from a commitment to sports. According to the variable of health effects of smoking, there was a significant difference in the overall score of sports engagement, but no significant difference was discovered between the variables of "vigor," "absorption," and the intention to quit smoking. This is assumed to be due to smokers' inability to recognize the risks of smoking, and that smoking allows them to relax psychologically and feel good. When the literature is studied, one study indicated no significant differences in the "dedication and absorption" factors of sport engagement, but significant discrepancies were identified in favor of men in the "vigor" factor (Koç & Koç, 2023). In a study analyzing university students' commitment to athletics in terms of several characteristics, no significant differences were discovered in the gender variable (Albay et al., 2022). In the study of alpine skiers, no significant difference was discovered in terms of gender (Fawver et al., 2020). Keleşek and Göktürk (2017) found that female football players were more committed to sports. Similarly, research of recreational runners found that female athletes scored higher than men on the "absorption" factor of sport engagement (Uzgun et al., 2021). While no significant difference was found between the total score average of the scale and the "dedication and absorption" factors according to the gender variable, a significant difference was found in favor of men in the "vigor" (Özgün et al., 2021). In the study conducted by Sivrikaya and Biricik (2019), when the factors of athletes' sport engagement were examined according to their gender, it was determined that female athletes had higher commitment to sports than male athletes. In the study conducted by Gülen et al. (2021), it was determined that the levels of commitment to sports of taekwondo athletes did not differ according to gender and age. Similarly, in the study conducted by Uluç and Akçakoyun (2021) on Bocce athletes, no significant difference was determined in the overall sport engagement and its sub-scales of "vigor, dedication, absorption". Kusan et al. (2024), on the other hand, found no statistically significant difference in terms of the total score and sub-scale total scores of sport engagement among table tennis athletes according to gender. Similarly, in the study of Eski and Yılmaz (2024), it was concluded that the total scores and sub-scale mean scores of the participants' sport engagement scale did not differ significantly according to gender. However, in the study conducted by Aykora and Dinçer (2022) to examine the sports commitment levels and academic success levels of undergraduate students, they concluded that the sports commitment levels of female students were higher than those of male students.

Similarly, Arıkan and Akoğuz-Yazıcı (2022) revealed in their study that the gender differences of athletes created a difference in commitment to sports and that this difference was in favor of men. Çakır (2022) revealed that a significant difference was found between gender and engagement to sports. In the study conducted by Caz and Bardakçı with students of the faculty of sports sciences, it was determined that scores from sport engagement and its factors did not show significant differences according to gender (Caz & Bardakçı, 2023). In another study, gender was examined against sport engagement and its factors, but no significant difference was found (Güney et al., 2021).

According to results obtained from the findings of other studies, significant differences were found between the number of days participants did sports weekly and the "intention to quit smoking", "sport engagement" and the "absorption", but no significant difference was found in "vigor", which shows that as people increase their time doing sports and turn to sports, they may move away from negative behaviors, and at the same time, their commitment to sports is likely to increase day by day. Significant differences were found in both the commitment to sports and its factors and the intention to quit smoking when the participants' years of smoking and years of doing sports were examined. This can happen because smoking has a significant impact on people's immune systems over time, and the harmful compounds in cigarettes cause people to become addicted to them, making it difficult to quit smoking. We observe that it becomes increasingly difficult for those who have made sports a way of life to avoid them as time passes, and that people cannot stop up sports even if they occasionally reach a point where they can injure people if they participate in them excessively. Sports and health specialists have discovered that sedentary people, in particular, should view sports as a necessary component of good living and aging, and should engage in sports on a regular basis, as long as they do not overdo it. The findings in this context support this viewpoint and can be used to explain why people's engagement with sports is affected by the amount of time they spend performing sports. Finally, the data collected from the participants revealed that average scores for people's engagement to sports and intention to quit smoking were high. This situation can be thought to be due to the fact that the participants are people who are closely interested in sports and that these people actually intend to quit smoking without revealing problems such as smoking negatively affecting their lives or health problems. When the literature is examined, Uzgur et al. (2021) found no statistically significant difference between the variables of smoking and alcohol use, licensed athletic history and sports commitment levels, while they found statistically significant relationships according to the variables of the number of days run per week, running history, weekly running distance and perceived general health status. In the study conducted by Arıkan and Akoğuz-Yazıcı (2022), it is seen that years of doing sport has an effect on engagement to sports, both in the total score and in the dedication and absorption factors. Similarly, in the study conducted by Güney et al. (2021), a significant difference was found in the results obtained by the participants in the levels of commitment to sports according to the active sports age. In the study conducted by Caz and Bardakçı (2023), it was determined that the average scores of the sports commitment scale of non-smoking students were significantly higher than those of smoking students. While the average scores of non-smoking students were higher in "vigor", no difference was found between the average scores of smoking and non-smoking students in "absorption". When examined according to the number of weekly sports activities, Caz and Bardakçı (2023) reported that the students' general average scores of the sports commitment scale showed a significant difference, and as the number of days students did sports increased, their levels of sports commitment also increased significantly. Similarly, they found that the students' mean scores of "vigor" factor showed a significant difference, and as the number of days students did sports increased, their vigor levels also increased significantly. It was determined that the students' absorption mean scores showed a significant difference according to their weekly sports day. It was determined that the absorption mean scores of the students who did sports 3-4 days and 5-7 days a week were significantly higher than those who did not do sports at all and those who did sports 1-2 days a week. Özgün et al. (2021) did not determine a statistically significant relationship as a result of the correlation analysis conducted to determine the relationship between the factors of the sport engagement scale according to the sports age variable.

## Discussion and Recommendations

When sports commitment and intention to quit smoking were examined, it was determined that the participants' mean scores from both sports commitment and its sub-dimensions and intention to quit smoking were close to high. This finding shows that the participants do sports and act on the principle of continuity in sports. In addition, the fact that their intention to quit smoking is also high is a positive sign in terms of health. The variable of whether smoking is harmful to health was examined and it was seen that there was a significant difference in the overall sports commitment. This finding shows that the idea that smoking is harmful to health has gained more importance. It was determined that there were positive and significant relationships between the participants' intention to quit smoking and the scores of the sports commitment scale and the sub-dimension "being vigorous/focused". These findings show that the intention to quit smoking will also increase/increase with the increase/increase in sports commitment. In the current study, sports commitment and intention to quit smoking were examined. In this context, examining the existing concepts and other variables will add value to the literature. Similarly, studies can be conducted with different sports branches or different age groups or different occupational groups to examine the effects of related concepts on individuals. In addition, it is recommended to carry out activities that will support the role of sports in increasing the intention to quit smoking and to facilitate the transition of individuals to healthy lifestyles and to offer these opportunities to them.

**Etik Komite Onayı:** Bu çalışma için etik komite onayı Yozgat Bozok Üniversitesi'nden (Tarih: 17 Temmuz 2024, Karar No: 16/17) alınmıştır.

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