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Investigation of the Factors Motivating Veteran Tennis Players to Start Recreational Tennis According to Some Variables

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Abstract

The aim of this study is to examine the factors that motivate veteran tennis players to start recreational tennis. A total of 292 veteran tennis players, 163 male and 129 female, between the ages of 30-72 (mean age 43.4±9.9), who actively participate in tournaments, participated in the study. In order to obtain demographic information about the participants, a personal information form and the Factors Motivating Individuals to Start Recreational Tennis Scale (BRTBMFÖ) were used. The Kolmogorov-Smirnov test and the Skewness and Kurtosis tests were applied to confirm that the research data did not show a normal distribution. Non-parametric tests were preferred in the analysis of data that did not conform to a normal distribution. In the comparison between numerical measurements, the Mann-Whitney U test was used for paired groups, and the Kruskall Wallis test was preferred in multiple group comparisons. The Games-Howell test was used to measure differences between multiple groups. As a result of the research, the first three factors that motivate veteran tennis players to start recreational tennis were ranked according to their weights as "physical health", "mental health" and "renewal-development". A significant difference was found between the competition sub-dimension and gender and occupational status variables; between the recognition/social status and trying a new sport sub-dimensions and gender variable; between the renewal/development and career expectation sub-dimensions and gender, marital status, educational status, occupational status and perceived income level variables; between the mental health and being an example sub-dimensions and marital status; between the considering suggestions sub-dimension and marital status, educational status, occupational status variables; between the distancing sub-dimension and perceived income level variable; between the liking tennis sub-dimension and gender, educational status and occupational status variables ($p<0.05$). As a result, it can be said that the factors that motivate veteran tennis players to start recreational tennis are affected by some demographic factors.

Keywords: Tennis; Veteran; Motivation.

Veteran Tenis Oyuncularını Rekreasyonel Tenise Başlamaya Motive Eden Faktörlerin Bazı Değişkenlere Göre İncelenmesi

Özet

Bu araştırmanın amacı, veteran tenisçileri rekreasyonel tenise başlamaya motive eden faktörlerin incelenmesidir. Araştırmaya aktif olarak turnuvalara katılan, 30-72 yaş aralığında (yaş ortalaması 43,4±9,9), 163 erkek ve 129 kadın olmak üzere toplam 292 veteran tenisçi katılmıştır. Araştırmada katılımcıların demografik

bilgilerini elde etmek amacıyla kişisel bilgi formu ve Bireyi Rekreasyonel Tenise Başlamaya Motive Eden Faktörler Ölçeği (BRTBMFÖ) kullanılmıştır. Kolmogorov-Smirnov testi ile Skewness ve Kurtosis testi uygulanarak, araştırma verilerinin normal dağılım göstermediği doğrulanmıştır. Normal dağılıma uymayan verilerin analizinde non-parametrik testler tercih edilmiştir. Sayısal ölçümler arasındaki karşılaştırmada, Mann-Whitney U testi ikili gruplar için kullanılmış, çoklu grup karşılaştırmalarında ise Kruskall Wallis testi tercih edilmiştir. Çoklu gruplar arasındaki farklılıkların ölçümü için Games-Howell testinden yararlanılmıştır. Araştırma sonucunda, veteran tenisçileri rekreasyonel tenise başlamaya motive eden faktörlerin ağırlıklarına göre sıralamasında ilk üç sırayı "fiziksel sağlık", "mental sağlık" ve "yenilenmek-gelişim" faktörleri almıştır. Rekabet alt boyutu ile cinsiyet ve meslek durumu değişkenleri arasında; tanınma/sosyal statü ve yeni bir spor branşını deneme alt boyutları ile cinsiyet değişkeni arasında; yenilenmek/gelişim ve kariyer beklentisi alt boyutları ile cinsiyet, medeni durum, eğitim durumu, meslek durumu ve algılanan gelir düzeyi değişkenleri arasında; mental sağlık ve örnek olma alt boyutları ile medeni durum arasında; önerileri dikkate alma alt boyutu ile medeni durum, eğitim durumu, meslek durumu değişkenleri arasında; uzaklaşma alt boyutu ile algılanan gelir düzeyi değişkeni arasında; tenisi sevme alt boyutu ile cinsiyet, eğitim durumu ve meslek durumu değişkenleri arasında anlamlı düzeyde farklılık tespit edilmiştir ($p<0,05$). Sonuç olarak, veteran tenisçileri rekreasyonel tenise başlamaya motive eden unsurların bazı demografik faktörlerden etkilendiği söylenebilir.

Anahtar Kelimeler: Tenis; Veteran; Motivasyon.

INTRODUCTION

From the beginning of human existence to the present day, sports have gained an important place in their lives for many reasons. When the lifestyles of people in the past are considered, it is seen that sports have an important place in terms of social and physical activity. Countries have also taken this situation into consideration and have considered the quality of life of people and the physical health of societies and have organized and supported various sports organizations. At the beginning of these organizations, tennis, which people of all age groups can participate with various motivation factors, has recently gained an important place (23). Today, tennis has become a recreational activity that attracts spectators and players from all ages and all segments of society in addition to sports performance. With the fact that tennis can be played at all ages and has spread to society, it has also attracted attention as a recreational activity (21). Today, tennis is one of the most important sports branches that people prefer to compete in addition to parameters such as physical health, recognition and social status, renewal, development and mental health. Tennis is preferred by different age groups because it offers the opportunity to be competitive in every age group (1,23). One of these age categories is senior tennis, which has an important place in tennis. Senior tennis can meet the needs of veteran groups such as competing and being a competitor. Today, organizations are organized in which national and international veteran groups can participate. In these organizations, athletes have the opportunity to represent their teams, cities and countries (26).

Motivation in sports is a very important concept that shapes athlete performance and therefore directly affects success. In fact, it is stated in the literature that high performance in sports depends not only on talent but also on motivation; talent alone is not enough to achieve success if there is no motivation. However, motivation in sports is considered as a desire to succeed rather than a concept related to the level of arousal, which is slightly different from the way psychology treats motivation (3). The behaviors that people exhibit in order to meet their needs and desires and reach their goals can be defined as intrinsic motivation. The determination and perseverance that enable individuals to reach their goals during the participation in sports and recreational activities and the necessary motivation to reach these goals in these activities are expressed as intrinsic motivation (11,14,22). The thought that they will receive a reward or punishment as a result of their behaviors and their motivation are expressed as extrinsic motivation. Material and spiritual elements that are not directly related to them but can have negative or positive effects and also increase or decrease the desired behaviors are expressed as extrinsic motivation (11). In this context, the aim of the research is to examine the factors that motivate veteran tennis players to start recreational tennis.

METHOD

A total of 292 veteran tennis players (163 male and 129 female) aged 30-72 (mean age 43.4±9.9) living in Konya, Antalya, and Istanbul, actively participating in tournaments, participated in the study voluntarily. The study was conducted in accordance with the principles of the Declaration of Helsinki and was obtained from

the report of the Non-Interventional Clinical Research Ethics Committee of the Faculty of Sports Sciences of Selçuk University.

Data Collection Tools

In this study, a personal information form and the Factors Motivating Individuals to Start Recreational Tennis Scale (BRTBMFÖ) were used to obtain demographic information about the participants. The scale consists of the following sub-dimensions: physical health, competition, recognition and social status, renewal-development, mental health, career expectations, considering suggestions, being an example, distancing, liking tennis, socializing and trying a new sport. The total Cronbach's alpha value of BRTBMFÖ is 0.938 (1).

Data Analysis

Data analyzed consistently in a computer-based environment were checked and corrected in accordance with the survey formula. The reporting analysis performed using the IBM SPSS 22 package program included numerical processing of categorical measurements. The Kolmogorov-Smirnov test and the Skewness and Kurtosis tests were applied to verify that the research data did not show a normal distribution. Non-parametric tests were preferred in the analysis of data that did not conform to a normal distribution. In the comparison between numerical measurements, the Mann-Whitney U test was used for binary groups, and the Kruskall Wallis test was preferred in multiple group comparisons. The Games-Howell test was used to measure differences between multiple groups.

FINDINGS

Descriptive characteristics of the study participants are presented in Table 1 below.

Table 1. Distribution of participants according to demographic characteristics.

Demographic Characteristics	Frequency (f)	Percentage (%)
Gender		
Male	163	55,8
Female	129	44,2
Marital Status		
Married	180	61,6
Single	112	38,4
Educational Status		
High School	69	23,6
Undergraduate	174	59,6
Postgraduate	49	16,8
Occupation		
Public	58	19,9
Private Sector	113	38,7
Self-Employed	70	24,0
Housewife	28	9,6
Retired	23	7,9
Perceived Income Level		
Low	20	6,8
Medium	241	82,5
High	31	10,6
Total	**292**	**100,0**

Table 2. Mean (◎) and standard deviation (SD) values of BRTBMFÖ item statistics.

Factors	N	$\bar{X}$	SS
Because I want to protect and improve my physical health	292	4,56	0,60
Because I want to do physical activity	292	4,61	0,54
Because I want to have a healthy body	292	4,60	0,67
Because I want to be more energetic and fit	292	4,66	0,52
Because it is an activity that can be done at any age	292	4,73	0,44
PHYSICAL HEALTH	**292**	**4,63**	**0,55**
Because I like competitive activities	292	4,14	0,76
Because I think it develops the spirit of struggle	292	4,18	0,76
To compete with others	292	3,75	0,98
Because I desire success	292	3,79	0,97
Because I believe in self-actualization	292	4,17	0,74
Because I think I can compete with myself	292	4,21	0,84
COMPETITION	**292**	**4,04**	**0,84**
Because the image of the place where tennis is played is high	292	3,01	1,07
Because I think playing tennis provides status to the individual	292	3,01	1,14
Because playing tennis will allow me to be accepted in other social groups	292	2,84	1,24
Because I believe tennis is a prestigious activity	292	3,73	1,10
Because I think I will gain social power when I become a good tennis player	292	2,80	1,17
Because I want to be remembered as a good tennis player	292	3,32	1,15
RECOGNITION AND SOCIAL STATUS	**292**	**3,12**	**1,15**
Because I want to acquire new skills and use them	292	4,18	0,68
Because it will give me the opportunity to use the skills I have	292	4,29	0,63
Because I think I will renew and improve myself	292	4,29	0,65
Because I want to add a new dimension to my life	292	4,32	0,73
RENEWAL / DEVELOPMENT	**292**	**4,27**	**0,67**
Because I think it will relax and increase my work/life efficiency	292	4,57	0,67
Because I want to slow down and calm my mind	292	4,52	0,68
Because I think I will feel renewed and refreshed when I play tennis	292	4,59	0,59
Because I think I will protect and improve my mental health	292	4,65	0,569
Because I think I will feel happier	292	4,72	0,47
MENTAL HEALTH	**292**	**4,61**	**0,60**
To make a professional career in tennis	292	2,10	1,15
Because I think I can make money from tennis in the future	292	2,08	1,16
Because I think I will make new business connections	292	2,25	1,17
CAREER EXPECTATION	**292**	**2,14**	**1,16**
The impact of social media	290	3,11	1,21
The impact of audiovisual media such as newspapers / television	292	3,05	1,19
The impact of my friends from the social world	292	3,32	1,17
My doctor's advice	292	3,41	1,24
The impact of family members	292	3,78	1,11
CONSIDERING SUGGESTIONS	**292**	**3,33**	**1,18**
Because I think I will be an example for the individuals around me	292	3,95	1,07
Because I think I will be an example for the individuals in society	292	3,96	0,97
Because I think I will be an example for the family members	292	3,96	0,93
BEING AN EXAMPLE	**292**	**3,96**	**0,99**
Because I want to get away from the crowd and routine	292	4,02	1,03
Because I want to get away from work/school for a while	292	3,94	1,05
Because I want to get away from the routine of daily life	292	4,14	0,86
Because I want to get away from the people around me	292	3,32	1,36
GO AWAY	**292**	**3,86**	**1,08**
Because I watch tennis matches with interest	292	4,24	0,65
Because I love tennis as a sport	292	4,38	0,55
Because I think my talents and skills are suitable for playing tennis	292	3,93	0,85

Because I find playing tennis aesthetic and attractive	292	4,32	0,67
LOVING TENNIS	**292**	**4,22**	**0,68**
To be able to do the same things and be together with my friends	292	4,03	0,71
To be able to do the same things and be together with my family	292	4,00	0,94
To be with others who enjoy doing the same things	292	4,19	0,69
SOCIALIZE	**292**	**4,07**	**0,78**
Because I think I am suitable for individual sports	292	3,73	0,90
Because I think I will be successful in racket sports	292	3,80	0,88
Because I can reach tennis facilities more easily	292	3,91	1,05
TRYING A NEW SPORT	**292**	**3,81**	**0,94**

The item codes and explanations of the factors that motivate individuals to start recreational tennis are given in Table 2. According to the table; In the first place is "physical health" (4.63±0.55), in the second place is "mental health" (4.61±0.60), in the third place is "renewal-development" (4.27±0.67), in the fourth place is "liking tennis" (4.22±0.68), in the fifth place is "socialization" (4.07±0.78), in the sixth place is "competition" (4.04±0.84), in the seventh place is "setting a good example" (3.96±0.99), in the eighth place is "distancing" (3.86±1.08), in the ninth place is "trying a new sport" (3.81±0.94), in the tenth place is "taking into consideration suggestions" (3.33±1.18), in the eleventh place is "recognition and social status" (3.12±1.15) and in the last place is "career expectations" (2.14±1.16).

Table 3. Difference analysis between the sub-dimensions of BRTBMFÖ and the gender variable.

Sub-Dimensions		Gender	N	Rank Average	Rank Total	Significance Test	Difference
Physical Health	A	Male	163	154,37	25161,50	Z=-1,903	
	B	Female	129	136,56	17616,50	p= 0,057	
Competition	A	Male	163	156,09	25443,00	Z=-2,221	A>B
	B	Female	129	134,38	17335,00	**p= 0,026***	
Recognition and Social Status	A	Male	163	136,93	22319,00	Z=-2,182	B>A
	B	Female	129	158,60	20459,00	**p= 0,029***	
Renewal / Development	A	Male	163	157,59	25686,50	Z=-2,689	A>B
	B	Female	129	132,49	17091,50	**p= 0,007***	
Mental Health	A	Male	163	148,82	24258,00	Z=-0,559	
	B	Female	129	143,57	18520,00	p= 0,576	
Career Expectations	A	Male	163	158,04	25760,50	Z=-2,687	A>B
	B	Female	129	131,92	17017,50	**p= 0,007***	
Considering Suggestions	A	Male	163	143,39	23372,50	Z=-0,717	
	B	Female	129	150,43	19405,50	p= 0,473	
Setting an Example	A	Male	163	148,66	24232,00	Z=-0,526	
	B	Female	129	143,77	18546,00	p= 0,599	
Staying Away	A	Male	163	148,95	24278,50	Z=-0,563	
	B	Female	129	143,41	18499,50	p= 0,574	
Loving Tennis	A	Male	163	157,26	25634,00	Z=-2,512	A>B
	B	Female	129	132,90	17144,00	**p= 0,012***	
Socializing	A	Male	163	146,16	23823,50	Z=-0,084	
	B	Female	129	146,93	18954,50	p= 0,933	
Trying a New Sport	A	Male	163	157,44	25662,50	Z=-2,530	A>B
	B	Female	129	132,68	17115,50	**p= 0,011***	

*p<0.05; Z= Mann-Whitney U Test; A=Male; B=Female

Table 3 shows the Mann-Whitney U Test results comparing the mean scores of veteran tennis players on the sub-dimensions of the BRTBMFÖ according to the gender variable. These results showed that the mean scores of the sub-dimensions of competition, recognition/social status, renewal/development, career expectations, liking tennis and trying a new sport branch differed significantly (P<0.05). Of these sub-dimensions, only recognition/social status showed a difference in favor of women, while differences were observed in favor of men in the other sub-dimensions.

Table 4. Difference analysis between the BRTBMFÖ sub-dimensions and the marital status variable.

Sub-Dimensions		Marital Status	N	Rank Average	Rank Total	Significance Test	Difference
Physical Health	A	Married	180	139,54	25118,00	Z=-1,898	
	B	Single	112	157,68	17660,00	p= 0,058	
Competition	A	Married	180	145,73	26232,00	Z=-0,200	
	B	Single	112	147,73	16546,00	p= 0,841	
Recognition and Social Status	A	Married	180	146,51	26371,00	Z=-0,001	
	B	Single	112	146,49	16407,00	p= 0,999	
Renewal / Development	A	Married	180	137,16	24689,00	Z=-2,555	B>A
	B	Single	112	161,51	18089,00	**p= 0,011***	
Mental Health	A	Married	180	155,98	28077,00	Z=-2,576	B>A
	B	Single	112	131,26	14701,00	**p= 0,010***	
Career Expectations	A	Married	180	135,36	24364,50	Z=-2,926	B>A
	B	Single	112	164,41	18413,50	**p= 0,003***	
Considering Suggestions	A	Married	180	155,76	28037,50	Z=-2,409	A>B
	B	Single	112	131,61	14740,50	**p= 0,016***	
Setting an Example	A	Married	180	156,19	28115,00	Z=-2,662	A>B
	B	Single	112	130,92	14663,00	**p= 0,008***	
Staying Away	A	Married	180	146,32	26337,00	Z=-0,048	
	B	Single	112	146,79	16441,00	p= 0,962	
Loving Tennis	A	Married	180	140,27	25248,50	Z=-1,640	
	B	Single	112	156,51	17529,50	p= 0,101	
Socializing	A	Married	180	152,92	27526,00	Z=-1,772	
	B	Single	112	136,18	15252,00	p= 0,076	
Trying a New Sport	A	Married	180	142,19	25595,00	Z=-1,123	
	B	Single	112	153,42	17183,00	p= 0,261	

*p<0,05; Z= Mann-Whitney U Test; A=Married; B=Single

Table 4 shows the Mann-Whitney U Test results comparing the mean scores of veteran tennis players on the sub-dimensions of the BRTBMFÖ according to the marital status variable. These results show that the mean scores of the sub-dimensions of renewal/development, mental health and career expectations differed significantly in favor of single tennis players, while the mean scores of the sub-dimensions of considering suggestions and being an example differed significantly in favor of married tennis players (P<0.05).

Table 5. Difference analysis between the sub-dimensions of the BRTBMFÖ and the education status variable.

Sub-Dimensions		Education Status	N	Rank Average	Significance Test	Games-Howell Difference Test
Physical Health	A	High School	69	133,05	X^2 =2,9 p= 0,235	
	B	Undergraduate	174	152,21		
	C	Postgraduate	49	145,15		
Competition	A	High School	69	135,45	X^2=1,6 p= 0,449	
	B	Undergraduate	174	149,83		
	C	Postgraduate	49	150,22		
Recognition and Social Status	A	High School	69	161,91	X^2=3,5 p= 0,171	
	B	Undergraduate	174	139,59		
	C	Postgraduate	49	149,33		
Renewal / Development	A	High School	69	124,46	X^2=11,07 **p= 0,004***	C>A C>B
	B	Undergraduate	174	147,65		
	C	Postgraduate	49	173,47		
Mental Health	A	High School	69	138,41	X^2=1,65 p= 0,438	
	B	Undergraduate	174	146,60		
	C	Postgraduate	49	157,55		

Career Expectations	A	High School	69	136,17	X^2=6,24 **p= 0,044***	B>A
	B	Undergraduate	174	156,14		
	C	Postgraduate	49	126,83		
Considering Suggestions	A	High School	69	176,20	X^2=12,55 **p= 0,002***	A>B A>C
	B	Undergraduate	174	140,37		
	C	Postgraduate	49	126,46		
Setting an Example	A	High School	69	144,46	X^2=0,65 p= 0,723	
	B	Undergraduate	174	144,98		
	C	Postgraduate	49	154,78		
Staying Away	A	High School	69	143,59	X^2=4,89 p= 0,087	
	B	Undergraduate	174	153,89		
	C	Postgraduate	49	124,34		
Loving Tennis	A	High School	69	110,24	X^2=17,89 **p= 0,000***	C>A C>B
	B	Undergraduate	174	155,98		
	C	Postgraduate	49	163,89		
Socializing	A	High School	69	144,07	X^2=4,53 p= 0,104	
	B	Undergraduate	174	141,37		
	C	Postgraduate	49	168,13		
Trying a New Sport	A	High School	69	138,99	X^2=2,88 p= 0,237	
	B	Undergraduate	174	144,51		
	C	Postgraduate	49	164,15		

*p<0,05; X^2: Kruskal Wallis-H test; A=High School; B=Undergraduate; C=Postgraduate

Table 5 shows the Kruskal Wallis-H test results showing the comparison of the mean scores of veteran tennis players on the sub-dimensions of BRTBMFÖ according to the educational status variable. These results showed that the mean scores of the sub-dimensions of renewal/development, career expectation, considering suggestions and liking tennis differed significantly (P<0.05). The mean scores of the tennis players with postgraduate education on the sub-dimensions of renewal/development and liking tennis were significantly higher than those of tennis players with high school and undergraduate education; the mean scores of the tennis players with undergraduate education on the sub-dimension of career expectation were significantly higher than those of tennis players with high school education; and the mean scores of the tennis players with undergraduate education on the sub-dimension of considering suggestions were significantly higher than those of tennis players with undergraduate and graduate education (p<0.05).

Table 6. Difference analysis between the BRTBMFÖ sub-dimensions and the occupational status variable.

Sub-Dimensions		Occupational Status	N	Rank Average	Significance Test	Games-Howell Difference Test
Physical Health	A	Public	58	141,43	X^2=7,47 p= 0,113	
	B	Private sector	113	160,11		
	C	Freelance	70	143,76		
	D	Housewife	28	119,64		
	E	Retired	23	133,46		
Competition	A	Public	58	148,66	X^2=15,79 **p= 0,003***	D<B D<C
	B	Private sector	113	151,75		
	C	Freelance	70	164,99		
	D	Housewife	28	101,43		
	E	Retired	23	113,87		
Recognition and Social Status	A	Public	58	157,12	X^2=6,13 p= 0,190	
	B	Private sector	113	155,68		
	C	Freelance	70	130,44		
	D	Housewife	28	144,04		
	E	Retired	23	126,48		
Renewal / Development	A	Public	58	149,86	X^2=13,45 **p= 0,009***	B>D
	B	Private sector	113	146,12		
	C	Freelance	70	166,15		

	D	Housewife	28	103,32		
	E	Retired	23	132,67		
Mental Health	A	Public	58	151,31	X^2=1,13 p= 0,890	
	B	Private sector	113	149,52		
	C	Freelance	70	141,01		
	D	Housewife	28	136,82		
	E	Retired	23	148,00		
Career Expectations	A	Public	58	122,78	X^2=11,87 **p= 0,018***	B>A B>C
	B	Private sector	113	165,12		
	C	Freelance	70	138,88		
	D	Housewife	28	134,54		
	E	Retired	23	152,61		
Considering Suggestions	A	Public	58	141,48	X^2=18,35 **p= 0,001***	D>A D>B D>C D>E
	B	Private sector	113	159,52		
	C	Freelance	70	122,24		
	D	Housewife	28	187,82		
	E	Retired	23	118,72		
Setting an Example	A	Public	58	161,26	X^2=3,38 p= 0,496	
	B	Private sector	113	138,14		
	C	Freelance	70	147,17		
	D	Housewife	28	150,07		
	E	Retired	23	143,96		
Staying Away	A	Public	58	149,55	X^2=4,75 p= 0,314	
	B	Private sector	113	151,72		
	C	Freelance	70	147,55		
	D	Housewife	28	145,89		
	E	Retired	23	110,70		
Loving Tennis	A	Public	58	140,81	X^2=12,39 **p= 0,015***	D<B D>C
	B	Private sector	113	158,51		
	C	Freelance	70	154,97		
	D	Housewife	28	102,50		
	E	Retired	23	129,63		
Socializing	A	Public	58	138,09	X^2=3,51 p= 0,477	
	B	Private sector	113	145,00		
	C	Freelance	70	157,70		
	D	Housewife	28	132,57		
	E	Retired	23	157,98		
Trying a New Sport	A	Public	58	149,71	X^2=6,73 p= 0,151	
	B	Private sector	113	146,86		
	C	Freelance	70	150,80		
	D	Housewife	28	111,07		

*p<0,05; X^2: Kruskal Wallis-H test; A=Public; B=Private sector, C=Self-employed; D=Housewife; E=Retired

Table 6 shows the Kruskal Wallis-H test results showing the comparison of the mean scores of veteran tennis players on the sub-dimensions of BRTBMFÖ according to the occupational status variable. These results show that the mean scores of the sub-dimensions of competition, renewal/development, career expectation, considering suggestions and liking tennis differ significantly (P<0.05). It was determined that the mean scores of the sub-dimensions of competition and liking tennis were lower in housewife tennis players than in the private sector and self-employed/own-employed tennis players; the mean scores of the renewal/development sub-dimension were higher in private sector tennis players than in housewife tennis players; the mean scores of the career expectation sub-dimension were higher in private sector tennis players than in the public and self-employed tennis players; and the mean scores of the sub-dimension of considering suggestions were higher in housewife tennis players than in other occupational groups (p<0.05).

Table 7. Difference analysis between the BRTBMFÖ sub-dimensions and the perceived income level variable.

Sub-Dimensions		Perceived Income Level	N	Rank Average	Significance Test	Games-Howell Difference Test
Physical Health	A	Low	20	168,60	X^2=5,13 p= 0,077	
	B	Medium	241	141,66		
	C	High	31	169,85		
Competition	A	Low	20	113,60	X^2=3,398 p= 0,183	
	B	Medium	241	148,65		
	C	High	31	151,00		
Recognition and Social Status	A	Low	20	154,50	X^2=2,93 p= 0,231	
	B	Medium	241	148,94		
	C	High	31	122,35		
Renewal / Development	A	Low	20	109,25	X^2=6,55 **p= 0,038***	B>A
	B	Medium	241	146,93		
	C	High	31	167,19		
Mental Health	A	Low	20	164,50	X^2=1,19 p= 0,552	
	B	Medium	241	144,64		
	C	High	31	149,35		
Career Expectations	A	Low	20	82,80	X^2=14,20 **p= 0,001***	B>A
	B	Medium	241	153,30		
	C	High	31	134,69		
Considering Suggestions	A	Low	20	159,15	X^2=5,02 p= 0,081	
	B	Medium	241	149,42		
	C	High	31	115,63		
Setting an Example	A	Low	20	179,05	X^2=3,83 p= 0,147	
	B	Medium	241	144,83		
	C	High	31	138,45		
Staying Away	A	Low	20	150,35	X^2=9,02 **p= 0,011***	B>C
	B	Medium	241	151,66		
	C	High	31	103,89		
Loving Tennis	A	Low	20	135,50	X^2=0,57 p= 0,753	
	B	Medium	241	146,54		
	C	High	31	153,27		
Socializing	A	Low	20	111,90	X^2=5,04 p= 0,081	
	B	Medium	241	147,45		
	C	High	31	161,40		
Trying a New Sport	A	Low	20	128,20	X^2=3,78 p= 0,151	
	B	Medium	241	150,84		
	C	High	31	124,60		

*p<0,05; X^2: Kruskal Wallis-H test; A=Low; B=Medium; C=High

Table 7 shows the Kruskal Wallis-H test results showing the comparison of the mean scores of veteran tennis players on the sub-dimensions of the BRTBMFÖ according to the perceived income level variable. These results showed that the mean scores of the sub-dimensions of renewal/development, career expectation and moving away differed significantly (P<0.05). It was determined that the mean scores of the sub-dimensions of renewal/development and career expectation were higher in middle-income tennis players than in low-income tennis players; and the mean scores of the moving away sub-dimension were higher in middle-income tennis players than in high-income tennis players (p<0.05).

DISCUSSION AND CONCLUSION

This study aimed to determine the factors that motivate veteran tennis players to start recreational tennis. As a result of the study, a significant difference was found between the competition sub-dimension and the variables of gender and occupational status; between the recognition/social status and trying a new sport sub-

dimensions and the gender variable; between the renewal/development and career expectation sub-dimensions and the variables of gender, marital status, educational status, occupational status and income level; between the mental health and being an example sub-dimensions and marital status; between the considering suggestions sub-dimension and the variables of marital status, educational status and occupational status; between the distancing sub-dimension and the variables of income level; between the liking tennis sub-dimension and the variables of gender, educational status and occupational status.

In Turkey, it is seen that family is the most important encouraging factor in athletes who do performance tennis starting sports, and also that loving tennis, being a national team athlete, being a well-known athlete and wanting to study at university level are important factors in doing tennis. However, it has been revealed that physical education teachers do not have much of an effect on athletes who do tennis (32). The most important reasons for turning to tennis are; family encouragement at the student level, the effect of mass media, the effect of the group of friends, sports activities in the environment and interest in tennis in the environment, the need to move and health. Expectations from tennis are listed as having a good physical appearance, relieving stress, relaxing, free time activity, playing games, having fun, increasing performance, gaining a new environment and gaining status (17). Among the athletes participating in inter-university tennis competitions, the most important reasons for turning to tennis are family (31.9%), followed by the desire to be a world-famous athlete (27.2%) and to play in the national team (26.5%). On the other hand, when the reasons for athletes to engage in tennis professionally are examined, it is seen that loving tennis (44.4%), enjoying success (35.8%), being healthy by doing sports (33.8%) and finding happiness in this sport (33.8%) come to the fore. The opinions of the athletes regarding their expectations from tennis are, in order of importance, being healthy and maintaining health (42.4%), having a good physical appearance (33.1%) and receiving education scholarships from universities abroad thanks to tennis (31.6%) (23). It has been determined that the physical education teacher, friends and peer group and the environment in which university students start playing tennis are effective, respectively. It has been found that students play tennis for the purposes of being healthy by doing sports, making good use of their free time, liking tennis and being aware of the positive contributions of sports (30). In the research examining the frequency values of the motivation factors that play a role in young people's choosing tennis, the first three places were taken as wanting to improve skills (88.7%), liking fun (73%) and wanting to be with friends (70%) (9). It was determined that the main reasons for licensed tennis athletes to choose tennis were 28.5% because of their families, 17.3% because they liked a famous tennis player, 16.3% because of their physical education teacher, 15.2% because of a coach they knew in their close circle, 13.1% because of the press and media, 5.6% because of their circle of friends, 4% because of the environment they lived in and 0.1% because of other reasons (19). In the ranking of the factors that motivate an individual to start recreational tennis, physical health ranked first, mental health ranked second, and liking tennis ranked third (2). In the current study, the first three places in the ranking of the factors that motivate veteran tennis players to start recreational tennis were physical health, mental health, and renewal-development factors. The majority of the study results obtained as a result of the literature review are similar to the findings of the current study.

As a result of comparing the factors that motivate individuals to start playing tennis according to gender, it was found that there was a significant difference in favor of women in the sub-dimensions of physical health, renewal-development, mental health and career expectations (1). A significant difference was found in favor of men between the answers given to the questions of enjoying success and acting in a team spirit with friends among the reasons for professionally engaging in boxing and the gender variable (18). As a result of investigating whether the reasons for athletes with an athletics license to engage in athletics differed according to gender, significant differences were found in favor of women athletes in the sub-dimensions of loving athletics and being recognized, loved and respected by friends as an athlete, and in favor of men athletes in the dimension of acting in a team spirit with friends (28). When the reasons for athletes who actively do rafting and canoeing to start sports are examined, it is seen that the effect of being healthy by doing sports is greater in male athletes than in female athletes. Among the expectations of athletes from sports, having a good physical appearance is more important for male athletes than for female athletes (10). Significant differences were found in the dimensions of increasing financial income, loving volleyball and being healthy by playing volleyball among the reasons for playing volleyball according to the gender variable (6). Görgüt (16), who examined the sub-dimensions of participation in sports according to the gender of handball players, stated

that both women and men had the highest scores in the entertainment sub-dimension. Similarly, Scanlan et al. (27) stated that the most important factor in participation in sports was entertainment. In a study involving primary school students, it was seen that women started sports for the purpose of being healthy and male athletes for the purpose of hobby and entertainment (20). It was found that there were statistically significant differences in terms of the entertainment sub-dimension and competition sub-dimension of badminton athletes according to their gender. No statistically significant difference was found in terms of the other sub-dimensions (31). In a different study, the factors affecting the motivation of badminton athletes to participate in sports were found to be statistically significant according to the gender variable in the sub-dimensions of success/status, physical fitness, friendship, fun and skill development (12). Unlike the findings of this research, no statistically significant difference was found between the gender variable and the reasons and expectations for starting sports in performance swimmers (8), athletes interested in racket sports (19,29) and students studying at physical education and sports schools (in the sub-dimensions of encouragement to sports, involvement in sports, expectation from sports) (7). In the current study, a significant difference was found between the mean scores of the sub-dimensions of competition, recognition/social status, renewal/development, career expectations, liking tennis and trying a new branch of sports and the gender variable. The desire of women to be recognized by others and to gain social status compared to men; It has been observed that the sense of competition, the individual's desire to renew and improve himself, career expectations, liking tennis and the individual's desire to try a new branch of sport are higher in men than in women.

In a study examining the factors that motivate individuals to start recreational tennis according to marital status, a significant difference was found in the career expectations and role model sub-dimensions. It was reported that singles had higher career expectations than marrieds, and that marrieds wanted to be role models for people around them than singles (1). A significant difference was found between the physical fitness sub-dimension and marital status among sports participation motivations in European underwater hockey athletes. The physical fitness score averages of single athletes were found to be higher than those of married athletes (3). Unlike the results of this study, when the changes in the levels of sports participation motivation in underwater hockey athletes were examined according to marital status, it was observed that there was no difference in the skill development, team spirit, entertainment, success, physical fitness, competition, movement and friendship sub-dimensions (5). In the current study, a significant difference was found between the score averages of the sub-dimensions of renewal/development, mental health, career expectations, considering suggestions and role model and marital status. It has been determined that the individual's desire to renew and improve himself, the individual's feeling of well-being mentally and the individual's career expectations are higher in single tennis players compared to married tennis players; the individual's taking into consideration the suggestions made and the individual's desire to be an example to the people around him are higher in married tennis players compared to single tennis players.

The increase in the level of education can be considered among the factors that positively affect the demand for sports (13). Similarly, the desire and desire of people with a higher level of education to actively participate in sports is higher than those with a lower level of education (25). In a study examining the reasons for cricket players to start playing cricket, it is stated that factors such as turning to cricket and being involved in it are the reasons for preference as the level of education increases. A statistically significant difference was found in the reasons for cricket players to start playing sports at the level of education. This difference was seen between the reasons for university graduates to start playing sports and high school graduates and primary school graduates (15). It was observed that the most important factors in the motivations for participation in sports according to the education levels of ice hockey players in Turkey were “success/status, physical fitness/energy expenditure, team membership/spirit, competition and movement/being active” (4). As a result of comparing the factors that motivate individuals to start recreational tennis according to their level of education, a significant difference was found in the career expectation sub-dimensions, and it was stated that this difference was in favor of those with a high school equivalent or below education level (1). Contrary to the results of this study, no significant relationship was found between the reasons for engaging in the relevant branch and the level of education in triathlon athletes (24), boxers (18) and badminton players (31). In the current study, it was found that the mean scores of the sub-dimensions of renewal/development, career expectation, considering suggestions and liking tennis differed significantly according to the

educational status variable. The levels of desire to renewal and development and liking of tennis of tennis players with postgraduate education were higher compared to tennis players with high school and undergraduate education; The career expectations of tennis players with undergraduate education were higher compared to tennis players with high school education; It was found that tennis players with undergraduate education were significantly more likely to take the recommendations into consideration than tennis players with undergraduate and graduate education.

As a result of comparing the factors that motivate individuals to start recreational tennis according to professions, significant differences were found in the sub-dimensions of career expectations, considering suggestions, trying a new sport branch and moving away (1). According to the professions that handball players want to choose, a significant difference was found only in the entertainment sub-dimension of sports participation (16). In a different study, significant differences were found between the entertainment sub-dimension and physical fitness sub-dimension of the athletes' career choice in their later lives and the motivation for sports participation scale, while no significant difference was found in terms of the other sub-dimensions (31). In the current study, a significant difference was found between the mean scores of the sub-dimensions of competition, renewal/development, career expectations, considering suggestions and liking tennis and their occupational status. The sense of competition and the levels of liking tennis of housewife tennis players were lower compared to tennis players in the private sector and self-employed groups; The desire of tennis players working in the private sector to renewal and development was higher compared to housewife tennis players; It has been found that the career expectations of tennis players working in the private sector are higher than those of tennis players in the public and freelance professions; and that housewife tennis players are more likely to take suggestions into consideration than tennis players in all other professions.

In a study, it was concluded that there was a significant difference between the economic levels of students' families and their preference for tennis. It was observed that children who preferred tennis preferred tennis to children of families with good and very good economic conditions (33). When the sports participation motivation levels of athletes interested in racket sports were examined according to their income levels, a significant difference was found in the skill, friendship, movement and physical fitness sub-dimensions (29). A significant difference was observed between the monthly personal income of individuals and the career expectation sub-dimension, which is one of the factors that motivate them to start recreational tennis (1). A significant difference was found only between the monthly income variable of underwater hockey athletes and the skill development sub-dimension, which is one of the factors that motivate them to participate in sports (3,5). A significant relationship was found when the average of the reasons for starting running sports was compared in terms of monthly total income level (25). In some studies, it has been determined that there is no significant difference between the motivation to turn to the relevant sports branch and the income levels of the athletes (19,31). In the current study, a significant difference was found between the mean scores of the sub-dimensions of renewal/development, career expectation and moving away and the perceived income level. It was observed that the desire to renew and develop oneself and career expectations of middle-income tennis players were higher than those of low-income tennis players; and the desire to get away from the routine of daily life of middle-income tennis players was higher than those of high-income tennis players.

The study has some limitations. It is thought that it would be useful to examine different sociodemographic characteristics in addition to the existing demographic variables with a larger sample group in future studies on this subject.

As a result of the study, the first three places in the ranking of the factors that motivate veteran tennis players to start recreational tennis were physical health, mental health and renewal-development factors. In addition, it can be said that the factors that motivate veteran tennis players to start recreational tennis are affected by some demographic factors.

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