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The Effect of Recreational Activities on Social Physique Anxiety in Sedentary Individuals

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Abstract

Exercise plays an important role in variables that involve concern about individuals' physical appearance. Therefore, the effect of sedentary women between the ages of 25-35 on the effects of the exercises they participated for recreational purposes on the levels of social physics anxiety was the aim of the study. 65 sedentary women participated in the study voluntarily. Participants were divided into three groups as Pilates group (PG, n=20), Fitness Group (FG, n=23) and Control Group (CG, n=25) . PG and FG perform the exercise 3 days a week for 3 months. The control group did not perform any exercise. Statistics were performed by using SPSS package program. Conformity of data to a normal distribution was evaluated by Shapiro-Wilk test. Normally distributed data were expressed as mean and as standard deviation. Paired-t-test was used for the pre-test and used the post-test comparison of the data, while Repeated Measures ANOVA was used for intergroup comparisons, and Unpaired t-test was used to determine to originate on which group was the difference. Accordingly, after 3 months of an exercise, there was a significant difference between body weight, body mass index and pre-end values of social physique anxiety (SPA) in PG and FG ($p < 0.05$). Pair-wise comparisons, this resultant difference was between exercise groups and the control group ($p < 0.05$). As a result, it may be possible to mention the positive effects of recreational exercises in social physics anxiety.

Key Words: Social physique anxiety, pilates, fitness, recreation

Introduction

The concept of recreation came from the words “recre ate“ which means Latin ”regeneration, refreshing”. It is the activities that the volunteers perform voluntarily for pleasure and satisfaction in their free time (Houlihan, 1997). Participation in recreational activities is not only with healthy lifestyle routines such as healthy nutrition and long-term physical activity (Mountjoy et al., 2011; Pate et al., 2000) but also happiness (Pawlowski, Downward, & Rasciute, 2011; Vilhjalmsson and

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Thorlindsson, 1992) has been associated with increased academic achievement (Marsh and Kleitman, 2003). Recreation and leisure concepts reflect the values of quality of life in the form of joy, love, friends, family, entertainment, benevolence, adventure, society, creativity and spirituality (Sylvester, 2015). Recreational activities improve the social relationships between people and provide psychological and physical satisfaction in these people. Associated with the presence of recreation activities, individuals feel happiness, joy, freedom and social belonging. Besides, it provides renewal, creativity and self-recognition opportunities to some individuals by meeting the basic needs (Aktaş, 2009). Recreation according to the number of participants is examined as individual and group recreation. Individual recreation is the free time evaluation activities that people perform on their own. Group recreation is the free time evaluation activities such as football, volleyball, basketball, beach volleyball, celebration dinner or sightseeing tours that people perform in groups (Tekin, Yıldız, Akyüz and Ugur, 2007). If recreation is a temporal aspect, daily recreation; Usually, it is the recreation activities carried out by the individual's in the immediate vicinity in too short distances and its free time during the daily (Kurar and Baltacı, 2014). It is stated that social and economic factors are at the forefront of the approaches to regarding free time tendencies generally. Economic factor refers to the income level of family and state. In recent years, individuals have become more interested in developing levels of economic prosperity and living qualities in general. Besides this, totally the idea of directing time and money to be used in accordance with individual preferences has become a large industry which can offer unlimited free time evaluation experiences to the individual in today. The influence of socio-economic factors as well as socio-cultural factors is very important in the choice of the consumer's free time evaluation.

The concept of social anxiety was used first by Janet in 1903. Janet concept of social anxiety; In spite of his speech, performance and writing in front of crowds, he used it for those who were afraid. Such symptoms have not initially accepted as a psychological disorder; has been considered a normal situation. The concept of concern was introduced by translating the concept of "anxiety" from Western sources into Turkish. The concern is indicated by uncertain fear, anxiety, and distress, which is felt due to an unknown cause. Anxiety arises from the appearance of a thought

that something bad will happen in the individual and cannot prevent it (Antony, Swinson and Alden, 2001).

Social appearance anxiety; people's weight, height, muscle structure and skin color beyond the features such as laughing, nasal structure and eye form, including qualities, The physical appearance of people is expressed as tension and anxiety experienced by other people in their evaluation (Hart et al., 2008). Various personal and situational factors appear to contribute to social anxiety. However, one of the most critical determinants based on the definition of the structure is to create an impression that others want and to ensure the trust of individuals by avoiding an undesirable impression (Amorose and Hollembeak, 2005).

There is a positive effect of unsatisfied with the physical appearance that leads to being physical activity. In recent years, the relationship between factors such as the satisfaction of one's own body, the concern about the external appearance and the participation in physical activity are frequently addressed by the researchers. In this study, the effect of recreational activities' on social physics anxiety in sedentary women ages 25-35 years were investigated.

Method

Sedentary women aged 25-35 who participated in the sports complex participated in the study voluntarily. Participants who were invited via face-to-face interviews were informed about the purpose and content of the study and signed a voluntary consent form before starting the study. The International Physical Activity Questionnaire (IPAQ), which was developed to determine physical activity levels, was completed (Craig, Marshall, Sjorstrom, Bauman, Booth, Ainsworth, Sallis, 2003). According to the results of the survey, those with metabolic equivalent (MET) <600 were included in the study.

Training Protocol

Before starting the study, the height of all participants was measured with Seca 769 (Hamburg, Germany), and body composition analyses were performed with the Tanita 300 MA (Japan) bioelectric impedance analyzer with a sensitivity of 0.5 kg. Participants were divided into three groups as Pilates Group (PG, n=20), Fitness Group (FG, n=23) and Control Group (CG, n=25). For 3 months, PG performed Pilates exercise for 50 minutes three times a week. Exercises were administered in

50-60% of maximal heart rate reserve (HRRmax). Karvonen pulse formula was used to determine exercise severity. Exercises to strengthen all abdominal muscles, muscles around the hip and back muscles in Pilates mat exercises; “Maktad Bridge, Corkscrew, Roll Up, Roll Down, Single Leg Circle, Single Leg Stretch, Double Leg Stretch, Side Leg Kick, Crisscross and Push Up”. During the 3 months of Pilates exercises, 5-10 minutes of warming and 5-10 minutes of cooling exercises were made at the beginning and end of each exercise.

Before starting the FG, the 3-month program the participants in the exercise group were given training on correct weighting, correct breathing and weight lifting with the correct weights for 1 week. In order to determine the exercise loads to be applied to the participants before the exercise, 1 RM loads were estimated using 10 repeat maximum (RM) methods and the loads to be applied to the participants were determined. The studies were performed appropriately with American Sports Medicine College recommended action for health and fitness purposes (Pollock, Gaesser, Butcher, Despres, Dishman, Franklin and Garber, 1998) for 8 weeks and 3 days a week. During the exercise program, participants worked under the supervision of sports trainers. During the first 6 weeks of the resistance training program, FG (3 sets, 12 repeats of 60% of the approximate 1 RM) who were working determined for the first 6 weeks were subjected to a re-force measurement for determining the new loads to be applied to the 7th week of the program. The new estimated 1 RM level of each participant (70% 3 sets, 12 repeats) was calculated and the new loads were written on the training cards. The participants perform for the exercise program in about 50-60 minutes at 9 stations. These stations; chest press, stead row, shoulder press, knee flexion, knee extension, biceps curl, triceps press, crunch, hyperextension. All force measurements were performed after a complete rest 48 hours after start exercise. Before and after the exercises during the resistance training program, participants were given 10 min warming, 5 min stretching and 5 min active cooling exercises. The control group did not perform any exercise for 3 months.

Social Physique Anxiety Scale

12-point Social Physique Anxiety Scale (SPAS), It was developed by Hart and his friends (1989) to determine the anxiety levels of social physics of individuals. The validity and reliability study of the Turkish population was conducted by Ballı and Aşçı

(2006) (Aşcı and Mülazımoğlu-Ballı, 2006). Participants were evaluated with Likert type scale consisting of 5 points in each item with "completely wrong" (1) and "completely correct" (5). The lowest score is 12, and the highest score is 60. The higher the participant gets from the SPAS, the higher the level of anxiety from the external appearance. Articles 1, 2, 5, 8 and 11 are grade reversely (Akyüz, 2017).

Statistical analysis

Statistical analysis was performed in SPSS 23.00 package program. The data were evaluated by the Shapiro-Wilk test for normal distribution. Normally distributed data were expressed as mean and standard deviation. Paired-t-test was used, for the pre-test and for used the post-test comparison of the data, while Repeated Measures ANOVA was used for intergroup comparisons, and Unpaired t-test was used to determine to originate on which group was the difference. Significance was accepted at $p < 0.05$.

Results

The mean and standard deviation values of the participants' initial data are shown in Table 1. According to this, mean age of PG is 27.35 ± 6.54, height is 168.54 ± 5.84, body weight is 87.66 ± 5.72 and body mass index is 31.6 ± 7.12. The mean age of FG was 25.15 ± 3.85, the mean height was 170.65 ± 1.67, and the mean body weight was 82.8 ± 5.95 and the mean body mass index was 31.9 ± 12.65. The mean age of the CG group was 26.35 ± 6.24, the mean height was 167.74 ± 3.21, the body weight was 89.63 ± 2.33 and the body mass index was 30.4 ± 5.81.

Table 1. General characteristics of participants at baseline.

Parameters	PG (n=20)		FG (n=23)		CG (n=25)	
	Min-Max	Mean±SD	Min-Max	Mean±SD	Min-Max	Mean±SD
Age (yr)	25-35	27.35±6.54	25-35	25.15±3.85	25-35	26.35±6.24
Height (cm)	155-174	168.54±5.84	158-179	170.65±1.67	152-175	167.74±3.21
Body weight (kg)	72.5-98.2	87.66±5.72	69.7-92.2	82.8±5.95	76.4-102.1	89.63±2.33
BMI (kg/m^2)	29.5-34.5	31.6±7.12	30.5-33.6	31.9±12.65	30.7-32.6	30.4±5.81

Table 2. Changes in physical and balance characteristics of subjects following the intervention

Parameters	n	Pre-test	Post-test	p
Body weight (kg)				
PG	20	87.66±5.72	84.25±4.28**	.005*
FG	23	82.8±5.95	79.11±3.22**	.006*
CG	25	89.63±2.33	89.1±5.46	.316
BMI (kg/m^2)				
PG	20	31.6±7.12	30.1±16.1**	.025*
FG	23	31.9±12.65	30.8±18.64**	.028*
CG	25	30.4±5.81	30.14±45.6	.465
SFK				
PG	20	32.66±12.64	29.6±1.58**	.012*
FG	23	31.8±4.86	28.1±8.61**	.015*
CG	25	31.6±2.6	31±6.65	.354

*p<0.05 change from baseline; **p<0.05 between PG/FG and CG

According to Table 2, after 3 months of exercises', there was a significant difference between body weight, body mass index and pre-post values of SPA in PG and FG (p <0.05). In double comparisons, between the two groups was between the exercise groups and the control group (p <0.05).

Discussion and Conclusion

In the study, pilates and fitness exercises three days a week for 3 months, at the end of the participants' body weight, body mass index and social physics anxiety were significantly reduced. No change was observed in the non-exercising control group.

People are interested in their bodies as well as others' bodies. Thinking that other people are interested in their appearance; they are concerned and worried about it. Therefore, it is seen that recent studies on physical appearance focus on social physics anxiety. Individuals who do physical activity also feel less concerned about the evaluation by someone of their bodies than others who do not exercise (Hausenblas and Giacobbi Jr, 2004). Individuals who exercise and have better

physical performance are expected to have lower social physics anxiety. Current sources have findings in this direction. In a study, it was found that non-athletes had higher SPA levels compared to the participants who did sports (Atalay and Gençöz, 2008). In another research, it was found that the body images of individuals who are engaged in sports are more satisfied than those who do not do sports (Martin, Sinden and Fleming, 2000). The results of the studies in the literature support the results of this study.

As a result of the fact that individuals who participate in sporting activities feel better in terms of themselves psychologically and physically (Tsaur et al., 2013), they move away from various stresses and worries; develop self-esteem and friendship relations (Chen et al., 2013). Besides, researches showed that physical recreative activities have positively affected the lifestyles and be satisfied on their life of women who are interested in such activities because they offer opportunities such as self-expression for women and being in social life outside the home (Bulgu et al., 2007). Psychological relief caused by free time activities and the fact that women are in an activity that will make them happy outside of their responsibilities inside and outside the home may cause women's happiness levels to differ significantly from men. Deryahanoğlu and his friends (2016), in his research's of perceived self-sense according to the status of sports and body perception tests, were found to be lower in who do not sports (Deryahanoğlu et al., 2016).

A study has been conducted to reveal the relationship between the levels of satisfaction with body image of university students attending dance activities and their levels of social physics anxiety. In addition, the levels of satisfaction with the body image and the levels of social physical anxiety were compared by gender. It was found that there was a negative and significant relationship between the scores of satisfaction with body image and social physique anxiety subscale scores, and female dancers experienced social physique anxiety more intensely than men. (Pekdağ and Coşkun, 2010).

In this study, the decrease in the SPA in the doing sports group supports the results in the literature. In conclusion, it is possible to say that people who are engaged in recreational activities positively make changes in their social physique anxiety situations.

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