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| **Xxxx Xxxxx xx Xxxx Xxxxx Xxxxx Xxxxx Xxxxx Xxxx Xxxx Xxxx Xxx Xxxx Xxxx Xxxx Xxxx Xxxxx xx Xxxxxx Xxxx Xxxxxxx**Xxxxxx[[1]](#footnote-2) |
| **Abstract (***150-250 word***)** |
| **Aim:** Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx.**Method:** Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx. Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx. Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx.**Results:** Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx. Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx. Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx.**Conclusion:** Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx. Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx. |
| ***Key words:*** *Xxxxx, Xxxxxx, Xxxxx, Xxxxxx, Xxxxxx.* |
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**INTRODUCTION**

Xxxxxxx xxxxxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxx xxxxxxxxxx xxxxxxxxxx xxxxx. Xxxxx xxx xxxx xxxxxx xxxxxxxxxx xxxxxxxxx xxx xxxxxx xxxxxx xx (Joe and Katy, 2023, p. 22). Xxxxx xxx xxxxxxx xxxxxxxxxx xxxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxx xxxxxxxxx xxxxxxxxxxxxxxx (Joe et al., 2023, p. 22). Xxxxxxx xxxxxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxx xxxxxxxxxx xxxxxxxxxx xxxxx. Xxxxx xxx xxxx xxxxxx xxxxxxxxxx xxxxxxxxx xxx xxxxxx xxxxxx xx (Walker and Allen, 2023, s. 22). Xxxxx xxx xxxxxxx xxxxxxxxxx xxxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxx xxxxxxxxx xxxxxxxxxxxxxxx. Xxxxxxx xxxxxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxx xxxxxxxxxx xxxxxxxxxx xxxxx.

**METHOD**

***Research model***

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***Population and sample***

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***Data collection tools***

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*XXXXXX scale (XXS):* Xxxxx xxx xxxx xxxxxx xxxxxxxxxx xxxxxxxxx xxx xxxxxx xxxxxx xx. Xxxxx xxx xxxxxxx xxxxxxxxxx xxxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxx xxxxxxxxx xxxxxxxxxxxxxxx. Xxxxxxx xxxxxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxx xxxxxxxxxx xxxxxxxxxx xxxxx. Xxxxxxx xxxxxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxx xxxxxxxxxx xxxxxxxxxx xxxxx.

*XXXXXX scale (YXS):* Xxxxx xxx xxxx xxxxxx xxxxxxxxxx xxxxxxxxx xxx xxxxxx xxxxxx xx. Xxxxx xxx xxxxxxx xxxxxxxxxx xxxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxx xxxxxxxxx xxxxxxxxxxxxxxx. Xxxxxxx xxxxxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxx xxxxxxxxxx xxxxxxxxxx xxxxx. Xxxxxxx xxxxxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxx xxxxxxxxxx xxxxxxxxxx xxxxx.

***Data analysis***

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**RESULTS**

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**Table X**. Descriptive results

|  |  |  |
| --- | --- | --- |
| Variables | f | % |
| Gender | Man | XX | Xx,xx |
| Woman | XX | Xx,xx |
| Age | 18-20 age | XX | Xx,xx |
| 21-25 age | XX | Xx,xx |
| 26-30 age | XX | Xx,xx |
| Total | XX | 100 |

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**Table X**. Comparison of the mean scores of the x variable by gender

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Gender | f | X̄ | S.D. | t | p |
| Man | XX | X,xx | X,xx | X,xxx | X,xxx\* |
| Woman | XX | X,xx | X,xx |
| *\*p<0,05; İndependent Samples t Test* |

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**Tablo X**. Comparison of the mean scores of the x variable by age

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Age | n | X̄ | S.D. | t | p | Tukey |
| 18-20 | XX | X,xx | X,xx | X,xxx | X,xxx\* | 18-20>21-25 |
| 21-25 | XX | X,xx | X,xx |  |
| 26-30 | XX | X,xx | X,xx |  |
| *\*p<0,05; One Way ANOVA Test* |

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**Table X**. Correlation results between variables

|  |  |  |  |
| --- | --- | --- | --- |
| Variables | 1 | 2 | 3 |
| XXXXX | 0,xxx\* | 0,xxx\* | 0,xxx\* |
| YYYYY | 0,xxx\* | 0,xxx\* | 0,xxx\* |
| ZZZZZZ | 0,xxx\*\* | 0,xxx\*\* | 0,xxx\*\* |
| *\*p<0,05 \*\*p<0,01 \*\*\*p<0,001; Pearson Korelasyon; 1=XXXXX; 2= YYYYY; 3= ZZZZZ*  |

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**Table X**. Pre-test and post-test analysis results

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| --- | --- | --- | --- | --- | --- | --- |
| Değişkenler | Group 1 (f= …)(Mean ± Sd) | Group 2 (f= …)(Mean ± Sd) | Difference (%)(Mean ± Sd) | Difference (%)(%95 GI) | p | ES |
| Age (year) | ……. | ……. | ……. | …… | …… | …… |
| Height (m) | ……. | ……. | ……. | …… | …… | …… |
| Mass (kg) | ……. | ……. | ……. | …… | …… | …… |
| Dependent Variable 1 | ……. | ……. | ……. | …… | …… | …… |
| Dependent Variable 2 | ……. | ……. | ……. | …… | …… | …… |
| Dependent Variable 3 | ……. | ……. | ……. | …… | …… | …… |
| *ES: Effect Size (Cohen’s d), GI: Confidence Interval, f: Sample size, Sd: Standard deviation* |

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**Tablo X**. Ön test ve son test analiz sonuçları

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Variables | Group | Mean | SD | Min. | Max. | ∆ (Mean ± Sd) | 95% CI of ∆ | p | ES |
| Age | A | 32,9 | 2,3 | 19,1 | 27,0 | ……… | ………. | 0,90 | −0,04 |
| B | 33,0 | 3,0 | 18,8 | 32,2 |
| Training Age | A | 4,6 | 1,7 | 2,0 | 9,0 | ………. | ……….. | 0,32 | 0,35 |
| B | 3,9 | 2,3 | 2,0 | 100 |
| Height | A | 180 | 0,08 | 1,70 | 1,98 | ………… | ……….. | 0,43 | −0,28 |
| B | 1,83 | 0,06 | 1,73 | 1,95 |
| Body Mass | A | 79,2 | 8,1 | 67,0 | 93,0 | ………. | ……… | 0,89 | 0,05 |
| B | 78,8 | 10,1 | 59,1 | 102,0 |

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**Figure X**. Xxxxx xxxxx xx xxxxx results

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**DISCUSSION**

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**CONCLUSION**

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**SUGGESTIONS**

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**ACKNOWLEDGEMENTS**

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