



THE HEALTH-EXERCISE/PHYSICAL ACTIVITY LEVELS OF TURKISH PEOPLE

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Abstract: The purpose of this study was to determine the health-exercise/physical activity habits and consciousness level of Turkish people. For this purpose, an 82- item questionnaire (31 of these items were related with personal information, 51 of them were related with exercise consciousness levels) developed by researchers was given to the people who volunteers (n=120). The obtained data was analyzed by using the statistical package in order to get descriptive statistics and also comparisons were made in gender. As a result, it was not seen that people exercise/physical activity levels were significantly different in terms of gender.

Key Words: Health; Exercise/physical activity habit; Turkish People

TÜRK HALKININ SAĞLIK EGZERSİZ VE FİZİKSEL AKTİVİTE DÜZEYİ

Özet: Bu çalışmanın amacı, Türk toplumunun sağlık egzersiz/ fiziksel aktivite alışkanlıklarını ve bilinçlilik düzeylerini belirlemektir. Bu amaç doğrultusunda, araştırmacılar tarafından geliştirilen 82 maddelik (31'i kişisel bilgilere, 51'i egzersiz bilinç düzeyine yönelik) bir anket gönüllü kişilere (n=120) uygulanmıştır. Elde edilen verilerin istatistik paket programında betimsel (tanımlayıcı) istatistikleri yapılmış ve buna ek olarak cinsiyete göre kıyaslamalar yapılmıştır. Araştırma sonunda, Türk toplumunun sağlık-egzersiz/fiziksel aktivite düzeylerinde cinsiyet açısından anlamlı bir farklılık görülmemiştir.

Anahtar Kelimeler: Sağlık; egzersiz/fiziksel aktivite alışkanlığı; Türk Toplumunu

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INTRODUCTION

Physical activity has been defined as any bodily movement produced by skeletal muscle action that results in energy expenditure above resting. As a result, the term physical activity includes virtually forms of human movement, including occupational activities (e.g., lifting, digging, sweeping), household tasks (e.g., sweeping, mowing), transportation (e.g., walking to school or work), and leisure pursuits (e.g. recreational walking, basketball, and soccer). Exercise is a specific type of physical activity that has been defined as planned, structured, and repetitive bodily movement done to improve or maintain one or more components of physical fitness (Kirk at all,2006)

Today lots of studies have been done about physical activity and health.

For example Öksüz mentioned the benefits of exercise in the treatment of hypertension. The people who are sedentary have hypertension risk more than regularly physically active people (Öksüz,2004). In another study, Atalay and Laaksoonen stated that the physical exercise is an important tool in the prevention and treatment of diseases including diabetes. (Atalay,2002). In his study, Soyupek and Aşkın discussed the role and

benefits of exercise in the patients receiving dialysis (Soyupek,2010). In another study, Tekin and Kaldırımçı stated that recreational physical activity significantly decrease depression scores (Tekin,2008). Also lots of studies have been done about physical activity and obesity. For example Üstün at all stated that the risk of being obese have more than for inactive people (Uskun,2005). As a result, regular participation in physical activity are necessary to have healthy life. In fact it reduce risk of coronary heart disease, hypertension, type II diabetes mellitus, obesity, cancers, and some mental health problems. Beside this Long-term studies have demonstrated that dead rate caused by this illness was lower for active people.

In the light of the above explanation, the purpose of this study was to determine the health-exercise/physical activity habits and consciousness level of Turkish people.

MATERIAL AND METHODS

Study Group

Participants were 120 people (78 female and 42 male) who live in Ankara, İstanbul, Mersin and Samsun. Personal data about the participants are given at Table 1.

Table 1. Personal data about the subjects

City	Female		City	Male	
	n	%		n	%
Ankara	35	44.9	Ankara	15	35.7
Mersin	10	12.8	Mersin	8	19.0
İstanbul	11	14.1	İstanbul	5	11.9
Samsun	22	28.2	Samsun	14	33.4
Total	78	100	Total	42	100

Collecting Data

In order to get related data “Health-Exercise/Physical Activity consciousness level” questionnaire developed by Tuncel and Tuncel was used.(Tuncel,2011). Questionnaire was made up of total 82 items, 31 of them related to personal information and health-exercise/physical activity habits and 51 of them related to exercise consciousness level. Cronbach alfa internal consistency was used to calculate the reliability of the points of 51 items related to exercise consciousness levels and alpha values is .96. These

items related to exercise consciousness levels were applied with the responses of “1: no idea, 2: heard of it, 3: I know very well”. The questionnaire was administered to the volunteer participants in Turkey.

Analysis of Data

Obtained personal and health-exercise/physical activity habits data was taken as descriptive. For gender comparison was analysed by t-test. T-test results in terms of gender variable are given in Table 2.

Table 2: T-Test Results In Terms Of Gender Variable.

p>0,05					
Exercise-gender	N	Std. Dv.	df	t	sig
female	78	,493	118	-,949	,345
male	42	,468	87,866	-,964	,338

According to the results of the table, it was not seen that people exercise/physical activity levels were significantly different in terms of gender.

RESULTS

In this part, data related to physical measurements, nutrition, drink, television ,compu-

ter and training habits, stress status and the comparison related to the gender are given.

I. Data Related to Physical Measurements, Nutrition, Drink, Television, Computer And Training Habits, Stress Status of Turkish People

The results related to physical measurements of the Turkish People are given at Table 3.

Table 3. Results related to physical measurements of female and male

Female	n	\bar{x}	sd	Male	n	\bar{x}	sd
Weight (kg)	78	68.4	6.3	Weight (kg)	42	81	7.2
Height (cm)	78	168	7.8	Height (cm)	42	179	6.8

As can be seen at Table 2, total 78 female who responded the questionnaire had an average body weight of 68.4 kg and average height of 168 cm., 42 male who responded

the questionnaire had an average body weight of 81 kg and average height of 179 cm. The drink habits of the participants are given at Table 4.

Table 4. Data related to drink habits of female and male

Female		Drink Habits	Male	
n	%		n	%
Do you drink alcohol?				
30	38.5	Yes	24	57.1
48	61.5	No	18	42.9
78	100	Total	42	100
Do you smoke cigarettes?				
37	47.4	Yes	28	66.7
41	52.6	No	14	33.3
78	100	Total	42	100
Do you drink coffee?				
45	57.7	Yes	22	52.4
33	42.3	No	20	47.6
78	100	Total	42	100
Do you drink tea?				
70	89.7	Yes	38	90.5
8	10.3	No	4	9.5
78	100	Total	42	100
Do you drink cola?				
15	19.2	Yes	12	28.6
63	80.8	No	30	71.4
78	100	Total	42	100
\bar{x}	sd	Glass of water drunk everyday	\bar{x}	sd

n=120

As can be understood from Table 3, 38.5% of the female and 57.1% of male drink alcohol, 57.2% of female and 52.4% of male drink coffee, 89.7% of female and 90.5% of male drink tea, 19.2% of female and 28.6%

of male drink cola. Although 47.4% of female and 66.7% of male smoke cigarettes. Nutrition habits of the female and male are given at Table 5.

Table 5. Data related to nutritional habits of the Turkish People

Female		Nutritional Habits	Male	
n	%		n	%
Do you have breakfast regularly?				
54	69.2	Yes	28	66.7
8	10.3	No	9	21.4
16	20.5	Sometimes	5	11.9
78	100	Total	42	100
Do you have fast food at least one time in a week?				
20	25.7	Yes	17	40.5
58	74.3	No	25	59.5
78	100	Total	42	100
Do you have fish at least on time in a week?				
19	24.4	Yes	9	21.4
59	75.6	No	33	78.6
78	100	Total	42	100
Do you consume red meat?				
62	78.5	Yes	41	97.6
16	21.5	No	1	2.4
78	100	Total	42	100
Do you think you are overweight?				
54	69.2	Yes	7	16.7
24	30.8	No	35	83.3
78	100	Total	42	100

According to Table 4, 69.2% of the female and 66.7% of male have regular breakfast and, 20.5% of the female and 11.9% of male have sometimes breakfast. 25.7 % of female and 40.5% male eat fast food type of meal at least one time in a week, 24.4% female and 21.4% male eat fish at least on time in a

week, 78.5% of female and 97.6% male eat red meat. 30.8% of female and 83.3% male stated that they are not overweight. The results related to the habits of the Turkish People related to their television and computer habits are given at Table 6.

Table 6. Data related to television and computer habits of the Turkish People

Female	\bar{x}	Sd	Male	\bar{x}	Sd
watched television hours a day	3.15	1.21	watched television hours a day	2.18	1.23
used computer hours a day (n=78)	1.85	2.55	used computer hours a day (n=42)	3.10	2.56

As it is seen Table 5, female watch television about 3 hours and 15 minutes every day and use computer almost 1 hours and 85 minutes in a day. Differently, male watch tele-

vision about 2 hours and 18 minutes every day and use computer almost 3 hours and 10 minutes in a day. The exercise habits of the players are given at Table 7.

Table 7. Results related to exercise habits of the Turkish People

Female		Exercise Habits	Male	
n	%		n	%
Do you exercise regularly?				
31	39.3	Yes	13	31
47	60.7	No	29	69
78	100	Total	42	100
What types of exercises do you do?				
25	32	Jogging-walking	15	35.7
10	12.8	Swimming	8	19
5	6.4	Fitness	8	19
7	9	Pilates	-	-
6	7.6	Others	11	26.3
78	100	Total	42	100
How long do you exercise?				
26	83.9	0-45 minutes	9	69.2
3	9.6	46-90 minutes	3	23
2	6.4	91 minutes and more	1	7.7
31	100	Total	13	100

Most of the people (60.7% female and 69% male) stated that they are not exercise regularly. Whereas 39.3% female and 31% male stated that they are exercise regularly,

especially go jogging-walking (32% female and 35.5% male) and the duration of exercise is between 0-45 minutes (83.9% female and 69.2% male).

Table 8. The results related to stress status and stress management methods of the Turkish People

Female		Stress status and stress management methods	Male	
n	%		n	%
Do you often feel yourself tense and stressful?				
35	44.9	Yes	10	23.8
43	55.1	No	32	76.2
78	100	Total	42	100
Do you have regular sleep?				
52	66.7	Yes	36	85.8
26	33.3	No	6	14.2
78	100	Total	42	100
Do you often feel yourself tired?				
25	32	Yes	15	35.7
53	68	No	27	64.3
78	100	Total	42	100
Do you have a stress management technique?				
33	42.3	Yes	6	14.3
7	21.2	Doing exercise	4	66.7
26	78.8	Other (music, book, trip, shopping, sleep)	2	33.3
45	57.7	No	36	85.7

Most of the female (55.1%) and male (76.2%) stated that they do not feel themselves tense/stressful and tired (68% of female and 64.3% of male). 66.7% of female and 85.8% of male have regular sleep. In addition to this, 57.7% of female and 85.7% of male stated that they have no stress management strategy.

II. Health-Exercise/Physical Activity Habits And Consciousness Levels Of The Turkish People' Descriptive Statistics And Variables Comparisons

The Turkish People' health-exercise/physical activity habits and consciousness level descriptive statistics are stated at Table 9.

Table 9. Health-Exercise/Physical activity consciousness level of mean values of the Turkish People'

Regular Exercise/Physical Activity	\bar{x}	sd
1. Helps to reduce body weight, especially body fat.	2.56	54
2. Develops balance and coordination.	2.56	67
3. Helps you to relax.	2.50	48
4. Helps to have new friends and to socialize.	2.47	41
5. Helps you to have a life style on your own without depending on others.	2.47	86
6. Helps you to recover from extreme fatigue.	2.41	85
7. Develops group thought, interpersonal relationships, and the concept of mutual respect.	2.41	81
8. Contributes to lean body tissue.	2.40	42
9. Helps heart, respiratory, circulatory and digestive systems work regularly and more productive.	2.31	51
10. Helps and improves your resistance against drug abuse .	2.29	59
11. Helps you to get rid of depression.	2.15	74
12. Increases your chances of staying alive if you have a heart attack (myocardial enfarctus).	2.15	77
13. Helps to organism to utilize fats as energy sources during physical activity.	2.15	77
14. Improves your self confidence.	2.15	88
15. Eases adaptation to the conditions of cold and hot weather.	2.08	81
16. Develops body posture (stance) and physical appearance.	2.08	72
17. Helps to develop general health consciousness.	2.08	48
18. Generally affects your psychology positively.	2.06	46
19. Helps you to manage stress more effectively.	2.06	70
20. Improves the quality of life significantly (environmental sensitivity, being happy, etc.)	2.05	79
21. Helps us to get a better, easy and good quality sleep.	2.05	75
22. Helps to prevent back ache and stomach fat and when they develop, helps to get rid of them.	2.04	65
23. Helps you for your muscle balance .	2.04	68
24. Decreases heart beats (pulse) at the maximal levels.	2.01	64
25. Decreases the level of anxiety.	2.01	77
26. Increases good cholesterol (HDL).	2.01	78
27. Helps you to exercise more intensely and longer without getting tired (without collecting lactic acid) by increasing the anaerobic threshold.	2.00	78
28. Decreases the risk of osteoporosis.	2.00	50
29. Improves your resistance to injuries.	2.00	65
30. Increases your productivity at work and decreases absence from job.	2.00	89
31. In type I (insulin dependent) diabetes helps to lowering insulin by controlling blood sugar level.	2.00	62
32. Reduces the risk of heart disease.	2.00	63
33. Improves the work of your immune system.	2.00	50
34. Develops glucose (sugar) tolerance.	1.99	87
35. Develops coroner arteries which feed the heart muscle.	1.98	69
36. Decreases the risk of hypertension (high blood pressure).	1.98	69
37. Contributes the decrease of resting heart rate.	1.95	87
38. Increases maximal oxygen uptake (the best measure of body work capacity).	1.94	70

ULUSLARARASI HAKEMLİ AKADEMİK SAĞLIK VE TIP BİLİMLERİ DERGİSİ

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1.	Eliminates the negative effects on bone health and improves bone density.	1.92	76
2.	Contributes to the decreased incidence of heart dysrhythms.	1.92	75
3.	Helps the healing of general disorders during pregnancy (for example headache, stomach burn, constipation.)	1.92	81
4.	Prevents developing arteriosclerosis by diminishing the levels of lipids, cholesterols and low density lipoproteins.	1.91	76
5.	Increases stroke volume (the amount of blood pumped at each beat of the heart muscles).	1.91	70
6.	Develops your muscles to receive oxygen from the blood and to utilize it.	1.91	59
7.	Helps skin nutrition by improving the blood flow to it.	1.90	65
8.	Increases the resistance of organism against upper respiratory problems.	1.84	70
9.	Improves oxygen diffusion from lungs to blood.	1.32	88
10.	Increases the effectiveness of intelligence by increasing the oxygen flow to brain.	1.32	45
11.	Helps to ease light headaches.	1.30	54
12.	Decreases the risk of constipation and colon cancer.	1.26	46
13.	Develops sexual desire (lipido), performance, and satisfaction.	1.25	58

Except the items 47,48,49,50 and 51, all items' means are average and above average. This means that most of the people were aware of the benefits of exercise/physical activity. As a matter of fact, the consciousness levels of the Turkish people related to the benefits of exercise/physical activity are middle level and high. Besides this, general mean of exercise/physical activity consciousness level of Turkish people is = 1.99 in other words Turkish people stated that they know benefits of health-exercise/physical activity.

CONCLUSION AND RECOMMENDATIONS

This study was carried out to determine the health, exercise and physical activity and consciousness levels of Turkish People who live in Ankara, İstanbul, Mersin and Samsun. It was concluded that , fema-

le and 57.1% of male drink alcohol, 57.2% of female and 52.4% of male drink coffee, 89.7% of female and 90.5% of male drink tea, 19.2% of female and 28.6% of male drink cola. Although 47.4% of female and 66.7% of male smoke cigarettes. 69.2% of

the female and 66.7% of male have regular breakfast and, 20.5% of the female and 11.9% of male have sometimes breakfast. 25.7 % of female and 40.5% male eat fast food type of meal at least one time in a week, 24.4% female and 21.4% male eat fish at least on time in a week, 78.5% of female and 97.6% male eat red meat. 30.8% of female and 83.3% male stated that they are not overweight. Female watch television about 3 hours and 15 minutes every day and use computer almost 1 hours and 85 minutes in a day. Differently, male watch television about 2 hours and 18 minutes every day and use computer almost 3 hours and 10 minutes in a day. Most of the people (60.7% female and 69% male) stated that they are not

exercise regularly. Whereas 39.3% female and 31% male stated that they are exercise regularly, especially go jogging-walking (32% female and 35.5% male) and the duration of exercise is between 0-45 minutes (83.9% female and 69.2% male).

When the stress status of the people were examined, it was seen that most of the female (55.1%) and male (76.2%) stated that they do not feel themselves tense/stressful and tired (68% of female and 64.3% of male). 66.7% of female and 85.8% of male have regular sleep. In addition to this, 57.7% of female and 85.7% of male stated that they wwhave no stress management strategy. The consciousness levels of both female and male related to the benefits of exercise/physical activity are middle level and high. In fact both groups stated that they generally know benefits of health-exercise/physical activity.

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