

AN EXAMINATION OF FREE TIME HABITS OF THE ATHLETES IN
THE UNIVERSITY KARATE DO TEAM ¹ÜNİVERSİTELERİN KARATE DO TAKIMLARINDA YER ALAN
SPORCULARIN SERBEST ZAMANLARINI DEĞERLENDİRME
ALİŞKANLIKLARININ İNCELENMESİ

Muştafa KARADAĞ¹, Yüksel SAVUCU², Yonca Süreyya SEZER³, Ali Serdar YÜCEL⁴,
Serdar ORHAN⁵, Ercan GÜR⁶

¹⁻⁶Firat University Faculty of Sports Sciences Elazığ / Turkey

ORCID ID: 0000-0002-0299-4198¹, 0000-0002-2749-6806², 0000-0003-3072-8302³, 0000-0002-4543-4123⁴,
0000-0002-7988-5045⁵, 0000-0001-6690-828X⁶

Öz: Amaç: Bu araştırmada, üniversitelerin karate do takımlarında yer alan sporcuların serbest zamanlarını değerlendirme alışkanlıklarının incelenmesi amaçlanmıştır. **Yöntem:** Araştırma evrenini; Elazığ'daki Üniversiteler arası Karate şampiyonasına katılan (37 üniversite, 130 erkek ve 77 kız öğrenci) toplam 207 sporcusu oluşturmaktadır. Araştırmanın örneklemini; araştırmaya katılmak isteyen (89'u erkek 68'i kız öğrenci) toplam 157 sporcu oluşturmaktadır. Araştırmaya katılan bireylerin demografik dağılımlarını belirlemek için yüzde (%) ve frekans (f) analizleri yapılmıştır. Araştırmada sporcuların serbest zaman tercihlerinin cinsiyet, yaş, doğum yeri ve gelir durumuna göre değişimi incelendi ve $\alpha=0.05$ anlamlılık düzeyinde yapılan ki kare testi uygulandı. **Bulgular:** Sporcuların yaş değişkenine göre serbest zaman etkinliklerinin bıraktığı etkiler arasındaki farkın (.041) istatistiksel olarak anlamlı olduğu görüldü ($p>0.05$). Ayrıca sporcuların gelir düzeyi değişkenine göre; katılma şekli (.041), tercih ettikleri etkinlik şekli (.034), etkinliklerinin tercih edilme nedenleri (.000) ve etkinliklerinin bıraktığı etkiler (.036) arasındaki farkın istatistiksel olarak anlamlı olduğu görüldü ($p>0.05$). **Sonuç:** Sporcuların, yaş ve gelir durumu gibi değişkenlerinin sporcuların seçmiş oldukları serbest zamanı değerlendirme türü, şekli, bu etkinlikleri seçme nedeni üzerinde etkisi olduğu görüldü. Ancak sporcuların, cinsiyet ve doğum yeri değişkenine göre istatistiksel olarak anlamlı bir sonuca ulaşamamıştır. Araştırma farklı gruplar üzerinde yapılarak, bireylerin daha etkin bir şekilde serbest zaman aktivitelerine katılmalarına ve bu sürecin iyi yönetilmesine etkisi olabilir.

Anahtar Kelimeler: Serbest Zaman, Rekreasyon, Karate-Do

Abstract: Objective: The purpose of this study is to examine the free time habits of the athletes in the university karate do team. **Method:** The population of the research consists of a total of 207 athletes (37 universities, 130 male and 77 female students) who have participated in the Inter-University Karate Championship in Elazığ. The sample of the research consists of 157 athletes (89 male and 68 female students). Percentage (%) and frequency (f) analyses have been performed in order to determine demographic distribution of the participants. Free time preferences of the athletes have been examined according to their gender, age, place of birth and income statuses and chi-square test in 0.05 significance level was applied in the study. **Results:** It has been seen that there is statistically a significant difference (.041) relating to the effects of free time events depending on the age variable of the athletes ($p<0.05$). Moreover, it has been observed that there is a statistically significant difference among participation type (.041), the preferred activity type (.034), reasons for the preferences of the activities (.000) and the effects of the activities (.036) ($p<0.05$). **Conclusion:** It has been found out that some variables such as age and income status have some effects on the reason of athletes' preferring evaluation type and method of free times. However, there is not a statistically significant difference according to ages and places of birth of the athletes. Conducting the research on different groups may make individuals lean to free-time activities more efficiently and have an effect on better management of this process.

Key Words: Free Time, Recreation, Karate-Do

Doi: 10.17363/SSTB.2017.4.3

(1) **Corresponding Author:** A. Serdar YÜCEL, Firat University, Faculty of Sports Sciences, Elazığ / Turkey, alsetu_23@hotmail.com, Received: 11.08.2017, Accepted: 12.12.2017, Type of article (Research -Application) Conflict of Interest: None / "None of Ethics Committee"



SSTB

www.sstbdergisi.com

International Refereed Academic Journal of Sports, Health and Medical Sciences

October - November - December Issue 25 Autumn Winter Season Year: 2017

JEL CODE: A220-M490 ID:355 K:129

ISSN Print: 2146-8508 Online 2147-1711

(ISO 18001-OH-0090-13001706 / ISO 14001-EM-0090-13001706 / ISO 9001-QM-0090-13001706 / ISO 10002-CM-0090-13001706)

(TRADEMARK)

(2015/04315- 2015-GE-18972)

INTRODUCTION

Social and mental development as well as physical development accompany to each sports branch due to the fact that young generations learn collective working through sports activities. In addition, the gate of friendship and socialization is also opened (Kızılkaya, 2009'den akt: Kanat vd., 2013: 461; Kırımoğlu vd., 2010: 103). Particularly, athletes consolidate their sense of socialization in their free times and they turn competitive environment into a more socialized place.

Tezcan defines free time as the time remaining after all compulsory liabilities are performed regarding job, life and other duties and in which the individual has the right to use freely. Free time is described as "the time in which an individual gets rid of all difficulties or connections concerning both the individual herself/himself and the others and in which she/he engages in an activity chosen willingly" (Tezcan, 1982: 10).

According to Parker, free time is a period in which an individual gets rid of all difficulties or connections concerning both the individual herself/himself and the others and in which she/he engages in an activity chosen willingly (Tezcan, 1994'den aktaran: Güngörmüş vd., 2006: 655).

Free time audits remain ordinary and within the borders of some stereotypes when free

time trainings are insufficient and when stable, constructive, creative organization and traditions are not adopted and where this culture does not become efficient regarding free time. It is necessary for an individual to see free time as a way of elevation. There, the individual proceeds by realizing herself/himself and that is the thing that should be learned (Erdemli, 2002: 50).

There are also some views that it is not needed to have/receive a special training to how to utilize free time; this happens spontaneously, it is a free time and the individual does whatever she/he wants. This kind of view expresses evaluating and utilizing free time wrongly. Traditionally, free time training can be seen as learning information and skills. This training enables use of free time programs efficiently and it also takes place within non-formal training. It is the aim of free time training to benefit from free time constructively and wisely (Tezcan, 1994: 76'dan aktaran: Ağaoğlu vd., 2006: 315).

In the 20th century, many factors forced free time training to change in terms of purpose and function. Human rights, developments in science and technology and alterations in the socio-economic status of the society caused increase in the expectation from training and it forced free time training to change in favor of individuals by suppressing the traditional training. Free time training composes a sig-



SSTB

www.sstbdergisi.com

International Refereed Academic Journal of Sports, Health and Medical Sciences

October - November - December Issue 25 Autumn Winter Season Year: 2017

JEL CODE: A220-M490 ID:355 K:129

ISSN Print: 2146-8508 Online 2147-1711

(ISO 18001-OH-0090-13001706 / ISO 14001-EM-0090-13001706 / ISO 9001-QM-0090-13001706 / ISO 10002-CM-0090-13001706)

(TRADEMARK)

(2015/04315- 2015-GE-18972)

nificant element within changing training manner. At the same time, it also supports training directly or indirectly except for the formal training. Free time training takes an important place in the functionality of training process (Torkildsen, 1992: 25).

According to Karaküçük, recreation is called the activities carried out individually or with a group of friends willingly and voluntarily within the independent and disconnected free time remaining from working and other compulsory tasks in order to enable personal satisfaction, to get pleasure, to regain, protect or maintain mental and physical health which is affected or imperiled from routine life style or negative environmental factors as well as intensive working load. In modern terms, recreation as a social institution, accumulation of information and a professional working area is a full and happy life tool which meets many needs of an individual and which is precious within itself independent from work. (Karaküçük, 2001: 55-60).

On the other hand, karate is derived from the words “kara” meaning empty and “te” meaning hand and associated with unarmed hand. “Kara” is also expressed as “the space whose end is not seen”. At first, ‘tô was called as “de” meaning hand (hands of China) in China. Then, the term ‘Okinawa te’ (hands of Okinawa) and in the latter definition the term ‘Karate jutsu’ was used. Here, “karate” was

used as karate and “jutsu” was used as technique which means the technique of karate together. In its latest form, it means “empty, unarmed hand”. Hand is the symbol of productivity in Far Eastern cultures like in many cultures of the world. As its opposite meaning, punch is the symbol of power and conflict while open hand is accepted as the sign of productivity, virtue, peace and friendship (for example Ying Yang). In short, karate, that is, “open hand” can be described as peaceful move in which the phenomenon of goodwill becomes prominent. Karate-do is divided into two as traditional and sport karate within itself. The traditional karate-do is an individual improvement path within the efforts of individual’s becoming the best. At the same time, it reveals the skills of controlling one’s ego instead of competitiveness and rivalry perception. However, sport karate possesses modern sports understanding getting its origins from karate-do, but proceeding with the ideal of Olympic soul. Competitions in sport karate are performed within universal and international sportive rules based on the understanding of evaluating physical skills with specific provisions. It emphasizes the fight of phenomenon with only the ego within the individual as well as the endeavor to be respectful and fair towards the self, environment and living nature.¹

¹ (<http://www.karate.gov.tr>, 01.07.2016).



SSTB

www.sstbdergisi.com

International Refereed Academic Journal of Sports, Health and Medical Sciences

October - November - December Issue 25 Autumn Winter Season Year: 2017

JEL CODE: A220-M490 ID:355 K:129

ISSN Print: 2146-8508 Online 2147-1711

(ISO 18001-OH-0090-13001706 / ISO 14001-EM-0090-13001706 / ISO 9001-QM-0090-13001706 / ISO 10002-CM-0090-13001706)

(TRADEMARK)

(2015/04315- 2015-GE-18972)

Universities are the places where individuals form their free time activities for their future life. The habits acquired in this period show their effects in the future life of individuals. In our study, it was aimed at determining free time habits of the athletes studying in universities and performing karate-do, and then examining whether they differ according to different demographical features.

MATERIAL and METHOD

Population of the Research

The population of the research consists of a total of 207 athletes 130 of whom are male and 77 of whom are female students who participated in the Inter-University Karate Championship in Elazig.

Sample of the Research

The sample of the research consists of 157 athletes 89 of whom are male and 68 of whom are female students.

Research Method

The questionnaire applied by Yılmaz (2011) was used in the research. SPSS 21 statistical packet program was used for arranging the data. Percentage (%) and frequency (f) analyses were carried out in order to determine demographical features of the participants. The difference between free time habits of the athletes and their gender, place of birth

and income status was examined and the significance level ($p < 0.05$) between those differences were determined by Chi-Square test.

Research Group

Study group of the research consists of a total of 207 athletes 130 of whom are male and 77 of whom are female students from 37 universities who participated in the Inter-University Karate Championship in Elazig between 27 and 29 April 2016. Questionnaire was conducted on the study group and the free time activities of university students who were engaged in karate-do and the types of attending those activities were examined.

Significance of the Research

In the research, it is deemed significant to determine the participation rate of the athletes studying in universities and performing karate-do in their free time activities and to examine the effect of participation to free time activities on their education life.

Universities are the places where individuals form their free time activities for their future life. The habits acquired in this period affect the individual's future life, as well. The studies to be conducted on the athletes engaged in karate sports will determine socializing levels of these individuals and reveal the contributions of this sports branch on the development of the individuals.



SSTB

www.sstbdergisi.com

International Refereed Academic Journal of Sports, Health and Medical Sciences

October - November - December Issue 25 Autumn Winter Season Year: 2017

JEL CODE: A220-M490 ID:355 K:129

ISSN Print: 2146-8508 Online 2147-1711

(ISO 18001-OH-0090-13001706 / ISO 14001-EM-0090-13001706 / ISO 9001-QM-0090-13001706 / ISO 10002-CM-0090-13001706)

(TRADEMARK)

(2015/04315- 2015-GE-18972)

Aim of the Research

This research aimed at determining free time habits of athletes studying in universities and

performing karate-do, and then examining whether they differ according to different demographical features.

Table 1. Universities and Number of Athletes Participating in Karate Do Championship

Sıra No	Participating Universities	Female Athlete	Male Athlete	Total
1	Ahi Evran University		6	6
2	Akdeniz University	1	2	3
3	Ankara University	2	7	9
4	Bartın University	9	7	16
5	Başkent University		1	1
6	Celal Bayar University	5	4	9
7	Çukurova University	5	7	12
8	Düzce University	7	10	17
9	Gazi University	3	5	8
10	Hacettepe University		1	1
11	İskenderun Technical University		1	1
12	İstanbul Aydın University	5	9	14
13	İstanbul Işık University	1		1
14	İstanbul Medipol University	1		1
15	İstanbul Commerce University	3	4	7
16	İzmir University		1	1
17	Karamanoğlu Mehmet Bey University	1	1	2
18	Marmara University	4	7	11
19	Mersin University	1		1
20	Muşafa Kemal University	3	5	8
21	Middle East Technical University	3	2	5
22	Pamukkale University	4	5	9
23	Sabancı University		2	2
24	Süleyman Demirel University	3	5	8



SSTB

www.sstbdergisi.com

International Refereed Academic Journal of Sports, Health and Medical Sciences

October - November - December Issue 25 Autumn Winter Season Year: 2017

JEL CODE: A220-M490 ID:355 K:129

ISSN Print: 2146-8508 Online 2147-1711

(ISO 18001-OH-0090-13001706 / ISO 14001-EM-0090-13001706 / ISO 9001-QM-0090-13001706 / ISO 10002-CM-0090-13001706)

(TRADEMARK)

(2015/04315- 2015-GE-18972)

25	Uludağ University		3	3
26	Trakya University	5	7	12
27	Fırat University	2	7	9
28	Anadolu University	2	1	3
29	Afyon Kocatepe University	1		1
30	Abant İzzet Baysal University	4		4
31	Gaziosmanpaşa University	2	1	3
32	Atatürk University		6	6
33	Zirve University		1	1
34	Balıkesir University		7	7
35	Muş Alparslan University		1	1
36	Dumlupınar University		3	3
37	Bayburt University		1	1
Grand Total		77	130	207



SSTB

www.sstbdergisi.com

International Refereed Academic Journal of Sports, Health and Medical Sciences

October - November - December Issue 25 Autumn Winter Season Year: 2017

JEL CODE: A220-M490 ID:355 K:129

ISSN Print: 2146-8508 Online 2147-1711

(ISO 18001-OH-0090-13001706 / ISO 14001-EM-0090-13001706 / ISO 9001-QM-0090-13001706 / ISO 10002-CM-0090-13001706)

(TRADEMARK)

(2015/04315- 2015-GE-18972)

RESULTS

Table 2. Demographical Variables

VARIABLES		N	%
Gender	Male	89	56.7
	Female	68	43.3
Age	20 years old and below	33	21.0
	Between 21 and 22 years old	60	38.2
	Between 23 and 24 years old	45	28.7
	25 years old and above	19	12.1
Place of Birth	Village	14	8.9
	Town	20	12.7
	City	75	47.8
	Municipality	46	29.3
	Abroad	2	1.3
Monthly Income	Between 550 TL and 1000 TL	3	1.9
	Between 1001 TL and 2000 TL	64	40.8
	Between 2001 TL and 3000 TL	56	35.7
	3001 TL and over	34	21.7

When the distribution of participant students is examined according to their gender, it is seen that 56.7% of them (89 individuals) are men and 43.3% of them (68 individuals) are women. Most of the participants are composed of male university students.

When the distribution of participant university students is (özne distribution değil mi? O zaman tekil olmalı) examined according to their ages, it is seen that 21.0% of them (33 individuals) are below 20 years old, 38.2% of them (60 individuals) are between 21 and

22 years old, 28.7% of them (45 individuals) are between 23 and 24 years old and 12.1% of them (19 individuals) are 25 years old and above. Most of the participants are between 21 and 22 years old.

When the distribution of participant university students is examined according to their places of birth, it is seen that 29.3% of them (46 individuals) were born in municipalities, 47.8% of them (75 individuals) were born in cities, 12.7% of them (20 individuals) were born in towns, 8.9% of them (14 individuals)



SSTB

www.sstbdergisi.com

International Refereed Academic Journal of Sports, Health and Medical Sciences

October - November - December Issue 25 Autumn Winter Season Year: 2017

JEL CODE: A220-M490 ID:355 K:129

ISSN Print: 2146-8508 Online 2147-1711

(ISO 18001-OH-0090-13001706 / ISO 14001-EM-0090-13001706 / ISO 9001-QM-0090-13001706 / ISO 10002-CM-0090-13001706)

(TRADEMARK)

(2015/04315- 2015-GE-18972)

were born in villages and 1.3% of them were born abroad. It is observed that most of the participants were born in cities.

As seen in the Table, 1.9% (3 individuals) of the participants' monthly income is between

550 TL and 1000 TL, 40.8% (64 individuals) of them is between 1001 and 2000 TL, 35.7% (56 individuals) of them is between 2001 and 3000 TL, and 21.7% of them is over 3000. It is seen that most of the participants' income level is between 1001 TL and 2000 TL.

Table 3. Utilizing Free Time

	Variables	N	%
3.1. Specify your participation type to free time activities in general terms.	Generally alone	23	14.6
	Generally with my family	33	21.0
	Generally with my friends	99	63.1
	Generally under the guidance of specialists	2	1.3
3.2. How much time do you allocate to yourself after the daily compulsory duties?	None	6	3.8
	1-2 hours	47	29.9
	3-4 hours	40	25.5
	5-6 hours	26	16.6
	7-8 hours	10	6.4
	More than 8 hours	28	17.8
3.3. Which of the following activities do you generally prefer in your free times?	I generally go to the cinema and theatre	16	10.2
	I generally go out for market, bazaar, fair, park, etc.	43	27.4
	I generally play sports	85	54.1
	I am generally engaged in handicraft and art requiring skill	10	6.4
	I generally participate in the activities of NGOs and associations	3	1.9
3.4. What are the reasons of choosing free time activities?	Because they are suitable for my skills and they make me adopt habit	39	24.8
	For staying away from work environment and acquire a social environment	78	49.7
	Because the facilities, tools and devices regarding the activity I demand are sufficient	29	18.5
	For health reasons	8	5.1
	Because it does not necessitate to spend much money	3	1.9



SSTB

www.sstbdergisi.com

International Refereed Academic Journal of Sports, Health and Medical Sciences

October - November - December Issue 25 Autumn Winter Season Year: 2017

JEL CODE: A220-M490 ID:355 K:129

ISSN Print: 2146-8508 Online 2147-1711

(ISO 18001-OH-0090-13001706 / ISO 14001-EM-0090-13001706 / ISO 9001-QM-0090-13001706 / ISO 10002-CM-0090-13001706)

(TRADEMARK)

(2015/04315- 2015-GE-18972)

3.5. What are the reasons of not attending free time activities sufficiently?	Because the related institutions do not possess the programs that address to me	43	27.4
	Economic insufficiency	36	22.9
	Because I do not have a habit of filling my free times with specific activities	63	40.1
	Because I do not have friend and social environment encouragements that will divert me to the activities	14	8.9
	Because there are not facilities, tools and devices	1	.6
3.6. What are the effects of free time activities?	Relaxes	20	12.7
	Entertains	64	40.8
	Protects health	42	26.8
	Provides different lives	14	8.9
	Provides social status and good relationships with my environment	17	10.8

When the participation types of university students in free time activities are examined, it is seen that 63.1% (99 individuals) of the athletes participate in free time activities with their friends and 21.0% (33 individuals) of them with their family. Most of the participants usually spend their free time activities with their friends.

When the time allocated for daily free time activities of the participants is examined, it is seen that 29.9% of them (47 individuals) spend 1-2 hours; 25. % of them (40 individuals) spend 3-4 hours; 17.8% of them (28 individuals) spend more than 8 hours, 16.6% of them (26 individuals) spend 5-6 hours, 6.4% of them (10 individuals) spend 7-8 hours and 3.8% of them (6 individuals) spend no time on these activities. It is observed that most of

the participants allocate time for free time activities between 1-2 hours and 3-4 hours.

When the mostly preferred free time activities of university students are examined, it is seen that 54.1% of them generally play sports, 27.4% of them generally go out for market, bazaar, fair, park, etc., 10.2% of them generally go to the cinema and theatre, 6.4% of them generally engage in handicraft and art requiring skill, 1.9% of them generally participate in the activities of NGOs and associations. It is observed that most of the participants prefer playing sports in their free times.

When the reasons of choosing free time activities of the participants are examined, it is seen that 49.7% of them choose free time activities for staying away from work environment and acquire a social environment,



SSTB

www.sstbdergisi.com

International Refereed Academic Journal of Sports, Health and Medical Sciences

October - November - December Issue 25 Autumn Winter Season Year: 2017

JEL CODE: A220-M490 ID:355 K:129

ISSN Print: 2146-8508 Online 2147-1711

(ISO 18001-OH-0090-13001706 / ISO 14001-EM-0090-13001706 / ISO 9001-QM-0090-13001706 / ISO 10002-CM-0090-13001706)

(TRADEMARK)

(2015/04315- 2015-GE-18972)

24.8% of them for being suitable for their skills and they make them adopt habit, 18.5% of them for the fact that the facilities, tools and devices regarding the activity they demand are sufficient, 5.1% of them for health reasons, 1.9% of them for the fact that they do not necessitate to spend much money. It is observed that among the reasons of preferring free time activities, most of the participants choose staying away from work environment and acquire a social environment.

When the reasons of participant university students' not attending free time activities sufficiently are examined, it is seen that 40.1% of the participants do not have a habit of filling their free times with specific activities, 27.4% of them specify that the related institutions do not possess the programs that address to them, 22.9% of them do not attend because of economic insufficiency, 8.9% of

them do not have friend and social environment encouragements that will divert them to the activities, .6% of them specify that there are not facilities, tools and devices. It is observed that among the reasons of not attending free time activities sufficiently, most of the participants choose not having a habit of filling their free times with specific activities.

When the effects of free time activities on participant university students are examined, it is seen that 40.8% of the participants think that the activities are entertaining, 26.8% of them think they protect health, 12.7% of them think they provide social status and good relationships with their environment, 8.9% of them think they provide different lives. It is observed that among the effects of free time activities on the participants, most of the participants choose the entertaining item.



SSTB

www.sstbdergisi.com

International Refereed Academic Journal of Sports, Health and Medical Sciences

October - November - December Issue 25 Autumn Winter Season Year: 2017

JEL CODE: A220-M490 ID:355 K:129

ISSN Print: 2146-8508 Online 2147-1711

(ISO 18001-OH-0090-13001706 / ISO 14001-EM-0090-13001706 / ISO 9001-QM-0090-13001706 / ISO 10002-CM-0090-13001706)

(TRADEMARK)

(2015/04315- 2015-GE-18972)

Table 4. The Effects of Free Time Activities on the University Students Engaged in Karate Do Sports according to Age

Variables		The Effects of Free Time Activities?					Total	Chi-Square Tests Asymp. Sig
		Relaxing	Entertaining	Protecting health	Providing different lives	Providing social status and good relationships with my environment		
20 years old and below	Count	4	10	9	3	7	33	.041
	% within Age	12.1%	30.3%	27.3%	9.1%	21.2%	100.0%	
Between 21 and 22 years old	Count	8	31	11	6	4	60	
	% within Age	13.3%	51.7%	18.3%	10.0%	6.7%	100.0%	
Between 23 and 24 years old	Count	4	15	20	4	2	45	
	% within Age	8.9%	33.3%	44.4%	8.9%	4.4%	100.0%	
25 years old and above	Count	4	8	2	1	4	19	
	% within Age	21.1%	42.1%	10.5%	5.3%	21.1%	100.0%	
Total	Count	20	64	42	14	17	157	
	% within Age	12.7%	40.8%	26.8%	8.9%	10.8%	100.0%	

p< 0.05

When Table 4 is examined, it has been determined whether there is a significant difference among the views of athletes regarding the effects of free time activities and Chi-

Square analysis has been conducted depending on the answers of the athletes according to age factor of the students. Analysis results have showed that there is a significant difference among the effects of free time activities



SSTB

www.sstbdergisi.com

International Refereed Academic Journal of Sports, Health and Medical Sciences

October - November - December Issue 25 Autumn Winter Season Year: 2017

JEL CODE: A220-M490 ID:355 K:129

ISSN Print: 2146-8508 Online 2147-1711

(ISO 18001-OH-0090-13001706 / ISO 14001-EM-0090-13001706 / ISO 9001-QM-0090-13001706 / ISO 10002-CM-0090-13001706)

(TRADEMARK)

(2015/04315- 2015-GE-18972)

according to age factors of the athletes. When a statistically significant difference has been the questions responded by the athletes ac- determined ($p < 0.05$).
 according to age variable have been examined,

Table 5. General Participation Types of University Students Engaged in Karate Do Sports to Free Time Activities According to Monthly Income

Variables		Specify your participation type to free time activities in general terms				Total	Chi-Square Tests Asymp. Sig
		Generally alone	Generally with family	Generally with friends	Generally under the guidance of specialists		
Monthly income	Count	2	1	0	0	3	
	% within monthly income	66.7%	33.3%	.0%	.0%	100.0%	
Between 550 tl and 1000 tl	Count	11	14	39	0	64	
	% within monthly income	17.2%	21.9%	60.9%	.0%	100.0%	
Between 1001 tl and 2000 tl	Count	8	12	36	0	56	
	% within monthly income	14.3%	21.4%	64.3%	.0%	100.0%	
Between 2001 and 3000 tl	Count	2	6	24	2	34	
	% within monthly income	5.9%	17.6%	70.6%	5.9%	100.0%	
3001 tl and higher	Count	23	33	99	2	157	
	% within monthly income	14.6%	21.0%	63.1%	1.3%	100.0%	
Total	Count	23	33	99	2	157	
	% within monthly income	14.6%	21.0%	63.1%	1.3%	100.0%	

$p < 0.05$



SSTB

www.sstbdergisi.com

International Refereed Academic Journal of Sports, Health and Medical Sciences

October - November - December Issue 25 Autumn Winter Season Year: 2017

JEL CODE: A220-M490 ID:355 K:129

ISSN Print: 2146-8508 Online 2147-1711

(ISO 18001-OH-0090-13001706 / ISO 14001-EM-0090-13001706 / ISO 9001-QM-0090-13001706 / ISO 10002-CM-0090-13001706)

(TRADEMARK)

(2015/04315- 2015-GE-18972)

When Table 5 is examined, it is determined whether there is a significant difference among the views of athletes regarding participation type to free time activities in general terms and Chi-Square analysis has been conducted depending on the answers of the athletes according to monthly income variable of the students. Analysis results have

showed that there is a significant difference among participation type to free time activities in general terms according to monthly income variable of the athletes. When the questions responded by the athletes according to monthly income variable of the athletes is examined, a statistically significant difference has been found ($p < 0.05$).



SSTB

www.sstbdergisi.com

International Refereed Academic Journal of Sports, Health and Medical Sciences

October - November - December Issue 25 Autumn Winter Season Year: 2017

JEL CODE: A220-M490 ID:355 K:129

ISSN Print: 2146-8508 Online 2147-1711

(ISO 18001-OH-0090-13001706 / ISO 14001-EM-0090-13001706 / ISO 9001-QM-0090-13001706 / ISO 10002-CM-0090-13001706)

(TRADEMARK)

(2015/04315- 2015-GE-18972)

Table 6. The Preferred Free Time Activities by the University Students Engaged in Karate Do Sports According to Monthly Incomes of the Athletes

Variables		Which of the following activities do you generally prefer in your free times?					Total	Chi-Square Tests Asymp. Sig
		I generally go to the cinema and theatre	I generally go out for market, bazaar, fair, park, etc.	I generally play sports	I am generally engaged in handicraft and art requiring skill	I generally attend in the activities of NGOs and associations		
Between 550 tl and 1000 tl	Count	0	0	2	0	1	3	.034
	% within monthly income	.0%	.0%	66.7%	.0%	33.3%	100.0%	
Between 1001 tl and 2000 tl	Count	5	20	35	3	1	64	
	% within monthly income	7.8%	31.3%	54.7%	4.7%	1.6%	100.0%	
Between 2001 and 3000 tl	Count	7	13	30	6	0	56	
	% within monthly income	12.5%	23.2%	53.6%	10.7%	.0%	100.0%	
3001 tl and higher	Count	4	10	18	1	1	34	
	% within monthly income	11.8%	29.4%	52.9%	2.9%	2.9%	100.0%	
Total	Count	16	43	85	10	3	157	
	% within monthly income	10.2%	27.4%	54.1%	6.4%	1.9%	100.0%	

p< 0.05

When Table 6 is examined, it has been determined whether there is a significant differ-



SSTB

www.sstbdergisi.com

International Refereed Academic Journal of Sports, Health and Medical Sciences

October - November - December Issue 25 Autumn Winter Season Year: 2017

JEL CODE: A220-M490 ID:355 K:129

ISSN Print: 2146-8508 Online 2147-1711

(ISO 18001-OH-0090-13001706 / ISO 14001-EM-0090-13001706 / ISO 9001-QM-0090-13001706 / ISO 10002-CM-0090-13001706)

(TRADEMARK)

(2015/04315- 2015-GE-18972)

ence among the views of athletes regarding which of the following activities they generally prefer in their free times and Chi-Square analysis has been conducted depending on the answers of the athletes according to monthly income variable of the students. Analysis results have showed that there is a significant

difference among the activities they generally prefer in their free times according to monthly income variable of the athletes. When the questions responded by the athletes according to monthly income variable of the athletes have been examined, a statistically significant difference has been found ($p<0.05$).



SSTB

www.sstbdergisi.com

International Refereed Academic Journal of Sports, Health and Medical Sciences

October - November - December Issue 25 Autumn Winter Season Year: 2017

JEL CODE: A220-M490 ID:355 K:129

ISSN Print: 2146-8508 Online 2147-1711

(ISO 18001-OH-0090-13001706 / ISO 14001-EM-0090-13001706 / ISO 9001-QM-0090-13001706 / ISO 10002-CM-0090-13001706)

(TRADEMARK)

(2015/04315- 2015-GE-18972)

Table 7. The Reasons of Choosing Free Time Activities by the University Students Engaged in Karate Do Sports According to Monthly Incomes of the Athletes

Variables		What are the reasons of choosing free time activities?						Total	Chi-Square Tests Asymp. Sig
Monthly Income		Because they are suitable for my skills and they make me adopt habit	For staying away from work environment and acquire a social environment	Because the facilities, tools and devices regarding the activity I demand are sufficient	For health reasons	Because it does not necessitate to spend much money			
Between 550 tl and 1000 tl	Count	1	0	0	0	2	3	.000	
	% within monthly income	33.3%	.0%	.0%	.0%	66.7%	100.0%		
Between 1001 tl and 2000 tl	Count	13	35	13	3	0	64		
	% within monthly income	20.3%	54.7%	20.3%	4.7%	.0%	100.0%		
Between 2001 and 3000 tl	Count	12	30	11	2	1	56		
	% within monthly income	21.4%	53.6%	19.6%	3.6%	1.8%	100.0%		
3001 tl and higher	Count	13	13	5	3	0	34		
	% within monthly income	38.2%	38.2%	14.7%	8.8%	.0%	100.0%		
Total	Count	39	78	29	8	3	157		
	% within monthly income	24.8%	49.7%	18.5%	5.1%	1.9%	100.0%		

p< 0.05



SSTB

www.sstbdergisi.com

International Refereed Academic Journal of Sports, Health and Medical Sciences

October - November - December Issue 25 Autumn Winter Season Year: 2017

JEL CODE: A220-M490 ID:355 K:129

ISSN Print: 2146-8508 Online 2147-1711

(ISO 18001-OH-0090-13001706 / ISO 14001-EM-0090-13001706 / ISO 9001-QM-0090-13001706 / ISO 10002-CM-0090-13001706)

(TRADEMARK)

(2015/04315- 2015-GE-18972)

When Table 7 is examined, it has been determined whether there is a significant difference among the views of athletes regarding the reasons of choosing free time activities and Chi-Square analysis has been conducted depending on the answers of the athletes according to monthly income variable of the students. Analysis results have showed that

there is a significant difference among the reasons of choosing free time activities according to monthly income variable of the athletes. When the questions responded by the athletes according to monthly income variable of the athletes are examined, a statistically significant difference has been found ($p<0.05$).



SSTB

www.sstbdergisi.com

International Refereed Academic Journal of Sports, Health and Medical Sciences

October - November - December Issue 25 Autumn Winter Season Year: 2017

JEL CODE: A220-M490 ID:355 K:129

ISSN Print: 2146-8508 Online 2147-1711

(ISO 18001-OH-0090-13001706 / ISO 14001-EM-0090-13001706 / ISO 9001-QM-0090-13001706 / ISO 10002-CM-0090-13001706)

(TRADEMARK)

(2015/04315- 2015-GE-18972)

Table 8. The Effects of Free Time Activities on the University Students Engaged in Karate Do Sports According to Monthly Incomes of the Athletes

Variables	What are the effects of free time activities?						Total	Chi-Square Tests Asymp. Sig
	Relaxes	Entertains	Protects health	Provides different lives	Provides social status and good relationships with my environment			
Monthly Income								
Between 550 tl and 1000 tl	Count	1	0	1	0	1	3	.036
	% within monthly income	33.3%	.0%	33.3%	.0%	33.3%	100.0%	
Between 1001 tl and 2000 tl	Count	2	33	17	6	6	64	
	% within monthly income	3.1%	51.6%	26.6%	9.4%	9.4%	100.0%	
Between 2001 and 3000 tl	Count	11	16	20	5	4	56	
	% within monthly income	19.6%	28.6%	35.7%	8.9%	7.1%	100.0%	
3001 tl and higher	Count	6	15	4	3	6	34	
	% within monthly income	17.6%	44.1%	11.8%	8.8%	17.6%	100.0%	
Total	Count	20	64	42	14	17	157	
	% within monthly income	12.7%	40.8%	26.8%	8.9%	10.8%	100.0%	

p< 0.05

When Table 8 is examined, it has been determined whether there is a significant difference among the views of athletes regarding the ef-

fects of free time activities and Chi-Square analysis is conducted depending on the answers of the athletes according to monthly income variable of the students. Analysis results have showed that there is a significant



SSTB

www.sstbdergisi.com

International Refereed Academic Journal of Sports, Health and Medical Sciences

October - November - December Issue 25 Autumn Winter Season Year: 2017

JEL CODE: A220-M490 ID:355 K:129

ISSN Print: 2146-8508 Online 2147-1711

(ISO 18001-OH-0090-13001706 / ISO 14001-EM-0090-13001706 / ISO 9001-QM-0090-13001706 / ISO 10002-CM-0090-13001706)

(TRADEMARK)

(2015/04315- 2015-GE-18972)

difference among the effects of free time activities according to monthly income variable of the athletes. When the questions responded by the athletes according to monthly income variable of the athletes are examined, a statistically significant difference has been found ($p < 0.05$).

DISCUSSION

In Table 3, it is seen that most of the participant university students, 63.1% of them, participate in free time activities with their friends. Most of the participants usually allocate their time to free time activities. It is observed that most of the participants generally prefer sports for their free time activities. In the study of Özdilek et al. "Comparison of Participation Reasons and Levels of School of Physical Education And Sports Students Studying in Dumlupınar and Sakarya Universities to Free Time Activities", 19.9% of 336 students specify that they play sports in their free times (Özdilek vd., 2007: 9). In the study of Göktaş., "A Research Study on Directorate of Tax Administration Personnel's Evaluating their Free Times (Balıkesir Sample)", 52% of the personnel specify that they attend sports activities in their free times remaining from their institution (Göktaş, 2007: 20). This finding shows similarity with the findings in our research.

In Table 3, when the time allocated for daily free time activities of the participants is examined, it is seen that 29.9% of them spend 1-2 hours and 25.5% of them spend 3-4 hours. In the study of Çolakoğlu (2005) titled "A Research on Recreational Activities of Lecturers of University", it has been determined that 40.4% of these lecturers have 1-2 hours of free-time daily and 75% of them spend their time by watching TV; however, 16% of them do sports as a recreational activity. It has also been stated that 47.1% of the participants cannot participate in recreational activities due to the fact that they do not have enough time and 54.8% of the participants have stated that they can participate in sports activities in their free-time if the necessary environment and conditions are met.

In Table 3, when the reasons of choosing free time activities of the participants are examined, it is seen that 49.7% of them choose free time activities for staying away from work environment and acquire a social environment and 27.4% of them specify that the related institutions do not possess the programs that address to them. In the study of Kandaz and Hergüner, "Examining Types of Utilizing Free Times of Physical Education and Sports Teachers (Sakarya Province Sample), physical fitness and staying healthy take the first place with the rate of 63.8% as the reason of attending free time activities (Kandaz ve



SSTB

www.sstbdergisi.com

International Refereed Academic Journal of Sports, Health and Medical Sciences

October - November - December Issue 25 Autumn Winter Season Year: 2017

JEL CODE: A220-M490 ID:355 K:129

ISSN Print: 2146-8508 Online 2147-1711

(ISO 18001-OH-0090-13001706 / ISO 14001-EM-0090-13001706 / ISO 9001-QM-0090-13001706 / ISO 10002-CM-0090-13001706)

(TRADEMARK)

(2015/04315- 2015-GE-18972)

Hergüner, 2006: 6). This finding shows similarity with the findings in our research.

In Table 3, it is observed that among the reasons of not attending free time activities sufficiently, most of the participants choose not having a habit of filling their free times with specific activities. Kandaz and Hergüner, have determined that the reasons for not attending the free time activities which actually they want to attend as the lack of monetary opportunities with 43.6% and then lack of time for attending the mentioned activities with 30.1% (Kandaz ve Hergüner, 2006: 6). This finding differs from our research. In Table 3, it is observed that among the effects of free time activities on the participants, most of the participants choose the entertaining item with a rate of 40.8%. In the study of Kurumlu (2014) titled as evaluation of free-time of the students at 11th grade in Ankara province and their participation in recreational activities in athletic manner, 78.1% of the participant students have uttered concerning the question how they are affected from recreational activities that these activities are fun. This condition complies with our study.

In Table 4, it is examined whether there is a significant difference among the views of athletes regarding the effects of free time activities by conducting Chi-Square analysis test and it is found a significant difference statistically in the athletes between the ages of 21

and 22 when compared to other age groups regarding the effects of free time activities ($p<0.05$).

In Table 5, it is examined whether there is a significant difference among the views of athletes regarding participation type to free time activities in general terms by conducting Chi-Square analysis test and it has been found a significant difference statistically in the athletes possessing income level between 1001 TL and 2000 TL when compared to other income levels regarding participation type to free time activities in general terms ($p<0.05$).

In Table 6, it is examined whether there is a significant difference among the views of athletes regarding which of the following activities they generally prefer in their free times by conducting Chi-Square analysis. It is seen that the most preferred free time activity by the athletes is playing sports according to income variable of the athletes. It is found a significant difference statistically in the athletes possessing income level between 1001 TL and 2000 TL when compared to other income levels ($p<0.05$). In the study of Kurumlu (2014), it has been determined that the students living in Ankara have more free-time a week and those living in Polatlı allocate more time to sports in their free-time.

In Table 7, it is examined whether there is a significant difference among the views of



SSTB

www.sstbdergisi.com

International Refereed Academic Journal of Sports, Health and Medical Sciences

October - November - December Issue 25 Autumn Winter Season Year: 2017

JEL CODE: A220-M490 ID:355 K:129

ISSN Print: 2146-8508 Online 2147-1711

(ISO 18001-OH-0090-13001706 / ISO 14001-EM-0090-13001706 / ISO 9001-QM-0090-13001706 / ISO 10002-CM-0090-13001706)

(TRADEMARK)

(2015/04315- 2015-GE-18972)

athletes regarding the reasons of choosing free time activities by conducting Chi-Square analysis. It is seen that the views of the athletes have generally focused on staying away from work environment and acquire a social environment according to income level variable and it is found a significant difference statistically in the athletes possessing income level between 1001 TL and 2000 TL when compared to other income levels ($p < 0.05$). This condition yields similar results with the study of Gökalp (2007). 6.8% of the participants have stated that these activities help their friend circle to be extended, 11.8% of them think that they have obtained different experiences, 16.1% of them say that they have got rid of work stress thanks to them, 8% of them have uttered that they have obtained social status and 11.3% of them have specified that they become involved in interaction and communication with people.

In Table 8, it is examined whether there is a significant difference among the views of athletes regarding the effects of free time activities by conducting Chi-Square analysis. It is seen that the views of the athletes have generally focused on entertaining effect of the activities according to income level variable and it is found a significant difference statistically in the athletes possessing income level between 1001 TL and 2000 TL when compared to other income levels ($p < 0.05$).

According to the findings stated in the study of Gökalp (2007), 16.9% of the participants have stated that recreational activities are fun and exciting.

CONCLUSION

This study examined the applied activities, types of participation to those activities, reasons of preferring those activities and reasons of not preferring the mentioned activities by the university students who were engaged in karate do sports in order to utilize their free times and examined whether the above mentioned factors differed according to the personal features of the students, and with reference to gender, age, place of birth and income level.

It has been found that the difference among the effects of free time activities is statistically significant according to age variable of the athletes. This situation shows that the effects of free time activities on different age-group students are significant. It has been determined that the difference among participation types of the athletes to free time activities in general terms, the most preferred free time activity, reasons of preferring free time activities and the effects of free time activities are statistically significant according to income level variable of the athletes.

When the results of the research are evaluated in general terms, it has been observed that the



SSTB

www.sstbdergisi.com

International Refereed Academic Journal of Sports, Health and Medical Sciences

October - November - December Issue 25 Autumn Winter Season Year: 2017

JEL CODE: A220-M490 ID:355 K:129

ISSN Print: 2146-8508 Online 2147-1711

(ISO 18001-OH-0090-13001706 / ISO 14001-EM-0090-13001706 / ISO 9001-QM-0090-13001706 / ISO 10002-CM-0090-13001706)

(TRADEMARK)

(2015/04315- 2015-GE-18972)

variables of the athletes such as age and income level have effect on the utilizing type, style, reason and level of athletes' preferring free time activities. There has not been found a significant result according to gender and place of birth variables of the athletes statistically.

Recommendations

State institutions and organizations may conduct the necessary practices together with universities in order to organize free time activities and divert university students to these activities as a result of which students will stay away from technology for a while.

University students may be inclined to the activities such as sports and handicraft as a free time activity and the necessary practices as well as collaboration with other institutions may be carried out in order to spread these activities among individuals.

The research may be applied to the athletes engaged in different sports branches and the results may be reexamined according to the sports branch.

With the collaboration of universities, municipalities and other institutions, the activities from which the athletes in the universities and other individuals can benefit may be organized free of charge.

The numbers of facilities through which the athletes can attend free time activities may be increased and various seminars, classes and activities may be conducted according to the demands of the young individuals.

REFERENCES

AĞAOĞLU, Y.S., TAŞMEKTEPLİGİL, M.Y., ALBAY, F., BAYRAK, M., PAKTAŞ, Y., (2006). Serbest Zaman Eğitimi ve Önemi, Millî Eğitim Dergisi, Sayı 170: 315

ÇOLAKOĞLU, T., (2005). Üniversite Öğretim Elemanlarının Boş Zaman Alışkanlıklarını Değerlendirmeleri Üzerine Bir Araştırma, Gazi University Eğitim Dergisi p.247-258

ERDEMLİ, A., (2002). Temel Sorunlarıyla Spor Felsefesi, E.Yayınları, İstanbul, p.50

GÖKALP, H., (2007). Gençliğin boş zamanlarını değerlendirmesinde spor faaliyetlerinin yeri ve önemi (Tunceli ili örneği). Master's Thesis, Fırat University, Elazığ

GÖKTAŞ, Z., (2007). Vergi Dairesi Başkanlığında Çalışan Personelin Boş Zamanlarını Değerlendirmesi Üzerine Bir Araştırma (Balıkesir Örneği), Spor Yönetimi ve Bilgi Teknolojileri Dergisi, 2 (2)



SSTB

www.sstbdergisi.com

International Refereed Academic Journal of Sports, Health and Medical Sciences

October - November - December Issue 25 Autumn Winter Season Year: 2017

JEL CODE: A220-M490 ID:355 K:129

ISSN Print: 2146-8508 Online 2147-1711

(ISO 18001-OH-0090-13001706 / ISO 14001-EM-0090-13001706 / ISO 9001-QM-0090-13001706 / ISO 10002-CM-0090-13001706)

(TRADEMARK)

(2015/04315- 2015-GE-18972)

GÜNGÖRMÜŞ, H.A., YETİM, A.A., ÇALIK, C., (2006). Ankara'daki Beden Eğitimi ve Spor Öğrenimi Veren Yüksek Öğretim Kurumlarında Görev Yapan Öğretim Elemanlarının Boş Zamanlarını Değerlendirme Biçimlerinin Araştırılması. Kaştamonu Eğitim Dergisi. 14(2): 665-678

KANAT, M., SAVUCU, Y., BİÇER, Y.S., COŞKUNER, Z., KARADAĞ, M., (2013). Analysis Of Basic Value Levels Of Sport High School And General High School Students According To Receiving Physical Education And Sports Courses. Journal of Educational Research, 4 (6): 462

KANDAZ GELEN, N., HERGÜNER, G. (2006). Beden Eğitimi ve Spor Öğretmenlerinin Serbest Zamanlarını Değerlendirme Biçimlerinin İncelenmesi (Sakarya İli Örneği), Uluslararası İnsan Bilimleri Dergisi, 4 (1): 6

KARAKÜÇÜK, S., (2001). Rekreasyon: boş zamanları değerlendirme. (4.baskı). Ankara, Gazi kitapevi

KIRIMOĞLU, H., ÇOKLUK, G., YILDIRIM, Y., (2010). Analysis of Regional Primary Boarding School 6th, 7th and 8th Grade Students' Loneliness and Infelicity Levels According to Doing Sport Situation (Hatay Province Sample). Sportmetre

Physical Education and Sport Sciences Magazine, VIII (3) 101-108

KIZILKAYA, A., (2009). Parents' Effect on High School Students' Participation to Sport. Postgraduate Thesis, Mersin University, Mersin

KURUMLU, Y., (2014). Ankara ili 11. Sınıf öğrencilerinin serbest zaman ve sportif açıdan serbest zaman faaliyetlerine katılımlarının değerlendirilmesi. Master's Thesis. Gazi University Institute of Health Sciences. Ankara

ÖZDİLEK, Ç., DEMİREL, M., HARMANDAR, D., (2007). Dumlupınar ve Sakarya Üniversitelerinde Öğrenim Gören Beden Eğitimi ve Spor Yüksekokulu Öğrencilerinin Boş Zaman Etkinliklerine Katılım Nedenleri ve Düzeylerinin Karşılaştırılması, Uluslararası İnsan Bilimleri Dergisi Issn:1303-5134, 4 (2): 9

TEZCAN, M., (1982). Sosyolojik açıdan boş zamanların değerlendirilmesi, Ankara: A.Ü. Yayını, p.10

TEZCAN, M., (1994). Boş Zamanların Değerlendirilmesi Sosyolojisi, Atilla Kitabevi, Ankara p. 76

TORKİLDSEN, G. (1992). Leisure and Recreation Management, Third Edition, p. 25



SSTB

www.sstbdergisi.com

International Refereed Academic Journal of Sports, Health and Medical Sciences

October - November - December Issue 25 Autumn Winter Season Year: 2017

JEL CODE: A220-M490 ID:355 K:129

ISSN Print: 2146-8508 Online 2147-1711

(ISO 18001-OH-0090-13001706 / ISO 14001-EM-0090-13001706 / ISO 9001-QM-0090-13001706 / ISO 10002-CM-0090-13001706)

(TRADEMARK)

(2015/04315- 2015-GE-18972)

YILMAZ, S., (2011). Dumlupınar University Institute of Health Sciences, Department of Physical Education and Sports Master's Thesis, Kütahya <http://www.karate.gov.tr/?s=karate-do>.Erişim tarihi: 01.07.2016.