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Dr. Kubilay ŞENBAKAR

Fırat Üniversitesi Beden Eğitimi ve Spor Bölümü Rekreasyon, ksenbakar@hotmail.com

DETERMINING THE LEVELS OF FREE-TIME SATISFACTION OF SKI SPORTS (HAZAR BABA SKI CENTER EXAMPLE)

Summary

The aim of this research is to examine the leisure time satisfaction levels of the individuals who visit the ski center located within the boundaries of the Hazar Baba ski center in the Sivrice district of Elazığ. The study group of the research consists of 150 participants, 75 men and 75 women. The data of the research was measured by Leisure Time Satisfaction Scale (LTSS) developed by Beard and Ragheb (1980) to determine the leisure time satisfaction levels of the individuals participating in the study and translated into Turkish by Karlı et al. (2008) by carrying out validity and reliability studies. This scale consists of 39 questions and 6 sub-dimensions: psychological (8 items), sociological (8 items), relaxation (4 items), physiological (6 items), aesthetics (4 items), and education (9 items). The universe of the research consists of individuals who prefer recreational areas in Elazığ. The sample of the study was formed by individuals who preferred Hazar Baba Ski Center in Sivrice district during the ski season. After obtaining the research data, SPSS 22.0 statistics package program was used. In the analysis of the data, first of all, whether the data showed normal distribution was examined by Kolmogorov Smirnov test. As a result of the analysis, it was determined that the data showed normal distribution. Frequency%, Independent Samples T Test and One Way Anova Tests were used to evaluate the data of the study. The significance level was determined as $P < 0.05$ in the analyzes.

As a result of the research; it was concluded that there was no significant difference between the variables for analysis made in the examination of the leisure time

satisfaction levels of the individuals who visit the ski center located within the boundaries of the Hazar Baba ski center in the Sivrice district of Elazığ.

Keywords: Leisure, Ski, Satisfaction

KAYAK SPORU YAPAN BİREYLERİN SERBEST ZAMAN TATMIN DÜZEYLERİNİN BELİRLENMESİ (HAZAR BABA KAYAK MERKEZİ ÖRNEĞİ)

Özet

Bu araştırmanın amacı, Elazığ İli sivrice ilçesi Hazar baba kayak merkezi sınırları içinde yer alan kayak merkezine giden bireylerin serbest zaman tatmin düzeylerinin incelenmesidir. Araştırmanın çalışma grubunu 75 erkek ve 75 kadın olmak üzere toplam 150 katılımcı oluşturmaktadır. Araştırmanın verileri, araştırmaya katılan bireylerin serbest zaman tatmin düzeylerini belirlemek amacıyla Beard ve Ragheb (1980)'in geliştirdikleri, Karlı ve ark. (2008)'nin geçerlilik güvenirlik çalışmalarını yaparak Türkçeye çevirdikleri "Serbest Zaman Tatmin Ölçeği" (SZTÖ) ile ölçülmüştür. Bu ölçek 39 sorudan ve psikolojik (8 madde), sosyolojik (8 madde), rahatlama (4 madde), fizyolojik (6 madde), estetik (4 madde) ve eğitim (9 madde) olmak üzere 6 alt boyuttan oluşmaktadır. Araştırmanın evrenini Elazığ ilindeki rekreatif alanları tercih eden bireyler oluşturmaktadır. Araştırmanın örneklemi ise Sivrice ilçesinde bulunan Hazar Baba Kayak Merkezini kayak sezonu içerisinde tercih eden bireyler oluşturmıştır. Araştırma verilerinin elde edilmesinden sonra SPSS 22.0 istatistik paket programından yararlanılmıştır. Verilerin analizinde öncelikle verilerin normal dağılım gösterip göstermediği Kolmogorov Smirnov testi ile incelenmiş, analiz sonucunda verilerin normal dağılım gösterdikleri tespit edilmiştir. Araştırmanın verilerinin değerlendirilmesinde % Frekans, İndependet Samples T Test, One Way Anova Testleri uygulanmıştır. Yapılan analizlerde anlamlılık düzeyi $P < 0,05$ olarak belirlenmiştir. Araştırmanın sonucunda; Elazığ İli sivrice ilçesi Hazar baba kayak merkezi sınırları içinde yer alan kayak merkezine giden bireylerin serbest zaman tatmin düzeylerinin incelenmesinde yapılan analizler sonucunda Değişkenler arasında anlamlı bir fark olmadığı sonucuna varılmıştır.

Anahtar kelimeler:

INTRODUCTION

Time

Thanks to definitions made to the concept of time, which appears in different ways and is abstract, concrete meanings were tried to be given to the same. We can say that the concept of time is an important planning tool that ensures the continuity of our lives, although it is intangible and invisible. The concept of time that divides our day into working and nonworking periods and has no beginning and end is defined by Çil (2011) as "a three-dimensional historical state based on the consciousness of experiences and experiences in the past, present and future subjectively, while objectively it is an arbitrary determination but an abstract concept that can be measured according to a fixed moment". According to the Turkish Language Association (TDK), time is the period and while that an action takes place in. Making daily, weekly,

monthly or even annual plans to use time which we cannot express the beginning and thereof in the most effective way, will help us live every moment of this important phenomenon, which should not be wasted. Jensen suggests that the most fundamental determinant of civilization is the ability of people to use time. In short, he defends the view that the way individuals use their time in any society will affect the general health of all other individuals, communities and nations (as cited in Karakük and Gürbüz, 2007: 16). Time is a unit that should be used efficiently and fully. In order to use time well, we should use technology effectively and know the environment, city, region and country we are in. According to Karakük (2005), being able to use time well depends on using the balance between the time units devoted to oneself, working life, social life, resting and entertainment, and meeting biological and physiological needs. Time can be divided into two groups as working time and nonworking time in terms of usage. Working time basically consists of the time an individual spends at work to earn money and earn a living. However, apart from this, depending on the nature of the job in which the individual works, the preparation of the person for the work, the travel time to work and the professional occupations that must be done in relation to his / her own job or a second job are also included in the working time. Non-working time, on the other hand, consists of basic physiological needs, the time allocated to nutrition and sleep, and leisure time (Kocaekşi, 2013: 4).

(Karakük, 1999)

As seen in the table above, Karakük (1999) divided time into two as working time and nonworking time. Based on this, we can say that time divides our daily life into various parts. The good use of time depends on the ability to balance the time allocated to oneself, working life, social life, recreation and entertainment, and meeting biological and physiological needs (Köktaş, 2004). Working time includes the period of time that the individual has a certain economic gain in order to survive and meet the necessary needs. Non-working time, on the other hand, is the time when the individual is freed from all obligations or connections for himself and others and will deal with an activity that he / she will choose. Leisure time is generally a period of time outside of work (Hacıoğlu, 2009). At this point, the concept of leisure time, which constitutes the relevant time period of our study, is clarified.

2.2 Leisure Time

The word leisure is a Latin word and originates from the word "licer". It also means to allow (Cordes and İbrahim, 1995: 5). According to Mieczkowski and Önder, leisure time is accepted as the time period in which individual control is achieved without being dependent on external coercion and the period in which there is a sense of fun, satisfaction, happiness, free of charge, and self-fulfilling experiences. On the other hand, Hazar (2003) defined the concept of leisure time as the part of the limited life span of people excluding work, activities related to work, activities necessary for living and other compulsory behaviors. From this point of view, we can define leisure time as the time that an individual devotes to himself and spends entertaining, apart from his daily work. We can say that the individual socializes in his leisure time with fun, becomes aware of his surroundings, can express himself and get rid of the banality of his daily life. In the century we live in, we can see that the scientific and technological developments have increased rapidly, the living conditions have been provided with great convenience and the leisure time has increased as a result of the decrease in the working hours of the people (cited in Özşaker, 2012: 126). The unchanging and repetition of our work and non-work activities in our daily life has increased the need for leisure time by pushing people to seek new activities and made effective use of it a necessity. Argan et al. (2013: 8) divided leisure time into four groups as 'leisure time as an activity', 'leisure time as a mental state', 'leisure time as a lifestyle' and 'leisure time as a holistic concept'. As an activity, leisure time is non-work activities and does not include life-sustaining activities such as cleaning the house or sleeping. As an activity, leisure time is non-work activities and does not include life-sustaining activities such as cleaning the house or sleeping. Torkildsen (2005) emphasizes that leisure time as a way of life is a useful idea of living and freedom and says that leisure time as a holistic concept consists of three basic functions: relaxation, entertainment and personal development. Leisure time, which is a very broad concept, has been the subject of research for many researchers and the view of classifying this concept has emerged. In the study conducted by Sezer et al., They found that men engage in sports more in the study called the study of recreation department students' participation in leisure time and sports in leisure time activities. Our study supports this issue. (Sezer et al, 2017) Jensen (1995: 33) classified leisure time into 4 different categories. These are: Daily leisure time; It is the period of time remaining after meeting daily economic and biological needs. Leisure time per week; This usually covers the weekends or two days. It covers important or longer-term activities or short trips. Annual leisure time; This period of time is defined as the time that an individual deserves due to his continuous work throughout the year. This time period, which usually covers three or four weeks today, allows many families and individuals to go to places that are more fun, relaxing and attractive for them by making long journeys. When it comes to leisure time for retirement, today many people retire at the age of 65 and we can say that people will have more free time during retirement if the prolonged human life is considered to be 75. Considering situations such as short working weeks, extended holidays and early retirement as a whole, people have more free time compared to 50-100 years ago. While the pleasure that individuals get from the activities they do in their leisure time increases their level of fun, it also determines the possibility of repetition of the activities. At this point, leisure time satisfaction should be explained.

2.4 Recreation

Individuals spend their free time in or outside the region they are in, in open or closed areas, individually or as a group, actively or passively participating in different activities for the purposes of physical, mental and psychological rest, socialization, gaining visual satisfaction, obtaining different lives, getting to know different cultures. This and similar leisure activities by individuals express the concept of recreation. Recreation comes from the Latin word recreation, which means regeneration, recreation or reconstruction. The Turkish equivalent of the word is widely used as an evaluation of leisure time. This means relaxing and entertaining activities that individuals or social groups voluntarily do in their spare time (Kocaekşi, 2012: 6). Today, conscious or unconscious planning of time outside of the sleep and sleep process in people's daily lives and concerns closely related to world societies can be grouped under the concept of leisure time activities in the remaining time after the compulsory needs are met. In countries that are increasingly industrialized and tending towards mass production and consumption, the process of mechanization has replaced human labor power and this situation has provided people with less work and more leisure time in the 21st century (cited in Ağduman, 2014: 12). Generally speaking, recreation is explained as the voluntary participation of people in activities in their leisure time with the motivation of entertainment and satisfaction (Sağcan, 1986: 68). In another definition, recreation is not an activity that takes place unconsciously to reward it in any way, but is an activity that offers physical, mental or creative powers to the participant, without any external coercion, and with an internal desire, in leisure time. Recreation is encouraged by intrinsic motivations such as the desire to achieve individual satisfaction rather than certain motivations or rewards under certain conditions (Tekin, 2009). During the study of recreation department students' participation in leisure time and sports, they found that men were more interested in sports (Sezer et al, 2017). We can say that these intrinsic motivations are not simply fun and filling time, but a set of activities that provide mental, physical, spiritual and visual benefits for the participant. The classification of recreational activities is given in table 2.2 below (Argan, 2013).

Table 2.4. Classification of Recreation Activities

By Venue	Indoor Recreation Activities Outdoor Recreation Activities
By Content	Adventure Activities Artistic and Cultural Recreation Activities Therapeutic Recreation Activities Campus Recreation Activities Educational Recreation Activities
By Number of Participants	Individual Recreation Activities Group Recreation Activities

As indicated in the chart, individuals can participate in sports, artistic, cultural etc. activities in indoor or outdoor areas individually or as a group and spend their leisure time in an effective, educational and fun way.

SKI

Skiing has become the most popular sport during the winter season and on weekends. In the last twenty years, interest in skiing has increased immensely in our country. This increase in interest has been due to the introduction of ski sports vehicles to the country and their production within

the country, the favorable climate and natural conditions, and the establishment of ski centers, which increase every year reaching to 14 today. Skiing is recommended for anyone who can find a chance, as it is a sport that provides physical exercise to the human organism in the sedentary winter season and can be learned and practiced at all ages. In our country, an estimated 10-15 thousand people ski on weekends in winter. Over the past 25 years, we have treated injured racers and amateur skiers at various ski resorts and investigated the causes of injuries. Millions of people ski in some European and northern countries and the United States, and there are also medical centers that treat only ski injuries. As in other sports branches, in skiing, appropriate facilities, necessary training, appropriate equipment and physiological conditions must be provided at the lowest level in order to do avoid injuries. Anyone who has the opportunity to go on holiday and ski in the winter can be injured if they do not have a prior sports background and have not provided the proper ski equipment and ski instructor. In this sport, which is considered dangerous by people who do not practice skiing, actually no injury occurs if the rules are followed. (1) According to some people, skiing is one of the oldest sports branches known for five thousand years. It was understood that the Hoting skis discovered by Swedish archaeologists in 1921 are 4500 years old. Kalustrak skis were found in a swamp, and they are 3900 years old. In addition, skis of 2-3 thousand years have been found in Northern countries such as Russia and Norway (2). Today, an estimated 25 million people in the USA, 5 million in Japan and 40-50 million people in European countries are skiing on weekends in the winter season.

3. MATERIAL AND METHOD

3.2. Universe and Sampling

The universe of the research consists of individuals who prefer recreational areas in Elazığ. The sample of the study was formed by individuals who preferred Hazar Baba Ski Center in Sivrice district during the ski season. The survey will be applied by reaching 70% of the average number of individuals who prefer the ski center on weekends during the season.

3.3. Data Collection Tool

The data of the research was measured by Leisure Time Satisfaction Scale (LTSS) consisting of 39 questions and six sub-dimensions developed by Beard and Ragheb (1980) to determine the leisure time satisfaction levels of the individuals participating in the study and translated into Turkish by Karlı et al. (2008) by carrying out validity and reliability studies.

This scale consists of 39 questions and 6 dimensions: psychological (8 items), sociological (8 items), relaxation (4 items), physiological (6 items), aesthetics (4 items), and education (9 items).

Psychological: Questions 1,2,3,4,5,6,7 and 8

Education: Questions 9,10,11,12,13,14,15,16 and 17

Sociological: Questions 18,19,20,21,22,23,24 and 25

Relaxation: Questions 26, 27, 28 and 29

Physiological: Questions 30,31,32,33,34 and 35

Aesthetics: Questions 36, 37, 38 and 39

Analysis of Data

After obtaining the research data, SPSS 22.0 statistics package program was used. In the analysis of the data, first of all, whether the data showed normal distribution was examined by Kolmogorov Smirnov test. As a result of the analysis, it was determined that the data showed normal distribution. Frequency%, Independent Samples T Test and One Way Anova Tests were used to evaluate the data of the study. The significance level was determined as $P < 0.05$ in the analyzes.

RESULTS

Table 1 Demographic Information

Variables		F	%
Gender	Male	75	50
	Female	75	50
Age	19-28	24	16
	29-38	51	30
	39-48	40	26,7
	49 and above	35	23,3
Financial Income	1000 and less	22	14,7
	1001-2000	34	22,7
	2001-3000	26	17,3
	3001 and above	68	45,3

50% of the individuals participating in the study are men and 50% are women. Of those participating in the study, 16% were in the 19-28 age range, 30% in the 29-38 age range, 26.7% in the 39-48 age range, 23.3% in the 49 and over, 14.7% 22.7% of them have an income of 1001-2000 TL. Of those participating in the study, 17.3% have an income of 2001-3000, and 45.3% have an income of 3001 or above.

Table 2. The t test results between the gender variable of the participants and the LTSS sub-dimensions of the skiing individuals

	Gender	N	X	Ss	f	p
psycholog	male	75	3,08	0,13	1,26	0,21
	female	75	3,13	0,81		
ical:	male	75	3,46	0,87	0,73	0,46
	female	75	3,28	0,68		
education	male	75	3,08	0,83	1,03	0,30
	female	75	3,56	0,91		
sociologic	male	75	3,26	0,74	1,23	0,21
	female	75	3,16	0,84		
al	male	75	2,94	0,91	0,84	0,40
	female	75	3,46	0,71		
relaxatio	male	75				
	female	75				
n:	male	75				
	female	75				
physiolog	male	75				
	female	75				
ical	male	75				
	female	75				

aesthetic	male	75	3,74	0,46	0,98	0,32
	female	75	3,16	0,85		

According to the t test results between the gender variable of the participants and the LTSS sub-dimensions of the individuals skiing, no significant difference was found between sub-dimensions ($p > 0.05$) as per the results of the psychological, educational, sociological, relaxation, physiological, aesthetic male and female athletes.

Table 3. ANOVA results between the age variable of the participants and the LTSS sub-dimensions of the individuals skiing

	age	N	X	Ss	f	p
psychological:	19-28	24	3,57	0,73	2,78	0,06
	29-38	51	3,27	0,79		
	39-48	40	3,13	0,89		
	49 and above	35	3,16	0,94		
	Total	150	3,19	0,78		
education	19-28	24	3,28	0,62	2,46	0,07
	29-38	51	3,47	0,99		
	39-48	40	3,79	0,84		
	49 and above	35	3,66	0,61		
	Total	150	3,87	0,91		
sociological	19-28	24	3,71	0,42	1,85	0,14
	29-38	51	3,41	0,83		
	39-48	40	3,76	0,66		
	49 and above	35	3,83	0,99		
	Total	150	3,52	0,93		
relaxation:	19-28	24	3,85	0,80	1,89	0,13
	29-38	51	3,49	1,16		
	39-48	40	3,48	0,90		
	49 and above	35	3,56	0,81		
	Total	150	3,70	0,73		
physiological	19-28	24	3,92	1,08	2,23	0,08
	29-38	51	3,15	1,09		
	39-48	40	3,44	0,98		
	49 and above	35	3,83	0,80		
	Total	150	3,67	0,87		
aesthetic	19-28	24	3,62	0,74	1,72	0,16
	29-38	51	3,21	1,11		
	39-48	40	3,74	0,95		
	49 and above	35	3,33	0,83		
	Total	150	3,67	0,87		

above				
Total	150	3,57	0,86	

According to ANOVA results between the age variable of the participants and the sub-dimensions of skiing individuals, it was found that there is a significant difference ($p < 0.05$) between the age variable and its sub-dimensions in Psychological, Physiological and education. It was found that there was no significant difference ($p > 0.05$) between variables of sociological relaxation, aesthetics, and age.

Table 4. ANOVA test between the financial status variable of the participants and the LTSS sub-dimensions of the individuals skiing

	Monthly income	N	X	Ss	f	p
psychological:	1000 and less	22	3,20	0,89	2,49	0,06
	1001-2000	34	3,45	0,69		
	2001-3000	26	3,51	0,98		
	3001 and above	68	3,28	0,71		
	Total	150	3,19	1,08		
education	1000 and less	22	3,11	0,89	1,71	0,17
	1001-2000	34	3,08	1,01		
	2001-3000	26	3,41	0,61		
	3001 and above	68	3,37	0,65		
	Total	150	3,07	0,72		
sociological	1000 and less	22	3,40	1,01	1,16	0,32
	1001-2000	34	2,94	0,82		
	2001-3000	26	3,24	0,73		
	3001 and above	68	3,22	0,77		
	Total	150	33,32	0,83		
relaxation:	1000 and less	22	3,17	0,78	1,69	0,17
	1001-2000	34	3,21	0,76		
	2001-3000	26	3,34	0,67		
	3001 and above	68	3,27	0,98		
	Total	150	3,18	0,73		
physiological	1000 and less	22	2,97	0,82	1,97	0,12
	1001-2000	34	2,81	1,08		
	2001-3000	26	3,01	0,85		
	3001 and above	68	2,82	0,93		
	Total	150	2,93	0,87		
aesthetic	1000 and less	22	3,25	1,01	1,47	0,22
	1001-2000	34	2,92	0,79		

2001-3000	26	3,17	0,97
3001 and above	68	3,06	0,76
Total	150	3,12	0,81

As a result of the ANOVA test between the financial status variable of the participants and the LTSS sub-dimensions of the individuals skiing, It was determined that there was a psychological ($p < 0.05$) significant difference between the financial status and the subgroups, but no significance was found in the other groups.

DISCUSSION AND CONCLUSION

According to the findings of the research, when looking at the leisure time satisfaction levels of the individuals, it can be said that the values are above the average. The individuals participating in our study consist of 150 people, 75 of whom are men and 75 women. When we look at our study, it was found that there is no significant difference between men and women in leisure time satisfaction levels. The results of the study conducted by Ardahan and Yerlisu Lapa (2010) and the results of the study conducted by Lu and Hu (2005), Vong Tze (2005) and Ayyıldız (2015) are not in parallel with the results of this study. When we look at the age variable in our study, it was found that there was no significant difference between individuals. In our study, it was found that there was no significant difference between individuals according to the financial income variable. Akgül et al. (2014) stated in their study that the level of leisure time satisfaction significantly varies according to the income variable. Ardahan and Lapa (2010) found in their research that there is a statistically significant difference between the leisure time satisfaction levels of the participants and their income, and as the income levels of the participants increase, their leisure time satisfaction levels also increase. This differs with our study. This study and Russell's (1987) finding that leisure time activities are related to income, which is one of the demographic characteristics, overlap. In parallel with these results, Bonke et al. (2007) also found a positive relationship between income and leisure time satisfaction. As the income increases, the leisure time satisfaction of the participants increases.

When the literature is examined, it has been determined that participation in leisure activities and leisure time satisfaction is also associated with many different variables such as life satisfaction (Gökçe, 2008), happiness and quality of life (Spiers & Walker, 2008), cognitive decline (Wang et al., 2006) and Alzheimer (Scarmeas et al., 2001). Eccles et al. (2003) stated that leisure time activities programmed at school or outside of school will positively affect the frequency of students attending school, their school success and other developmental characteristics.

Karlı et al. (2008) stated in their study on university students that women's satisfaction levels were higher in the relaxation dimension. In the physiological dimension, the satisfaction levels of men are higher. Again, in the study by Shin and You (2013) on activity type and leisure time satisfaction, it has been stated that men and women have positive satisfaction levels for sportive activities, and it has been revealed that women have negative satisfaction levels in activities involving passive and social activities.

In the leisure time satisfaction studies conducted by Sönmezoğlu et al. (2014), it was concluded that the relaxation dimension is at the highest level and the physiological dimension is the lowest. These findings correspond exactly to our research findings. Because the leisure time motivation of individuals is related to their level of satisfaction. In their research, Beggs and Elkins (2010) found that the high level of motivation of the participants was associated with leisure time satisfaction.

As a result of the research, pursuant to the analysis made in the examination of the leisure time satisfaction levels of individuals going to the ski center located within the boundaries of the Hazar Baba ski center in the Sivrice district of Elazığ, it was concluded that there was no significant difference between the variables.

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