

# The Factors Effect the Venue Selection and Joining to Physical Activity of the Users Visit 'Özgürlük Park and Recreation' area for Physical Activity

Onur Kavi<sup>1a</sup>, Hakan Akdeniz<sup>2</sup>, and Fatma Yeşim Körmükçü<sup>3</sup>

<sup>1</sup> Kocaeli University, Health Sciences Institute, Department of Physical Education and Sports Teacher Training, Kocaeli, Turkey

<sup>2</sup> Sakarya University, Institute of Educational Department of Physical Education and Sports Teacher Training, Sakarya, Turkey

<sup>3</sup> Kocaeli University, Sport Sciences Faculty, Academician of the Department of Recreation, Kocaeli, Türkiye

**Abstract.** The aim of this study is to examine the influencing factors of people to choose the place and participate in physical activities for parks and recreational sites. The participants of this study are the people who live in İstanbul, Kadıköy, 15 years or older people and regular users of Özgürlük Park and Recreational field. 232 people volunteered for this study. When we look at the data, we have gathered from these people we decided some participant's answers are invalid thus we decided to study on 200 valid answers we have. 50,5% percent of the participants are male, 49,5% percent of participants are female. As data gathering tool we used FAMDÖ which adopted to Turkey, and its correspondence and trustworthiness are proven. FAMDO consists 33 questions and two sub-categories (choosing physical activity place and factors which prevent people from participating physical activities). It is five scale Likert-type questionnaire. It evaluates the reason of participants picking a park and recreational site for physical activity and the reasons that prevent people from participating physical activities. For data analysis, we used descriptive statistics and single variable variance analysis (ANOVA) and Independent Samples T-Test. The data we have obtained from the field (Özgürlük Park and Recreation site) showed us, as place choosing Scale points is statistically significant ( $p > 0,05$ ) gender wise. At the end of the study, we found the factors that influence people choosing parks and recreational places for physical activity. We also found the reasons that prevent people from participating physical activities and came up with solutions that minimize the reasons. We shared our finding with local administrators.

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<sup>a</sup> Corresponding author: onurkavi92@gmail.com

## 1 Introduction

The general run of the healthcare staff has observed throughout history that the people become sick more than the individuals sport, [17]. Many years ago, the investigators believed a significant connection between the physical fitness and health care need. This belief became respected further in the modern cultures. Today, the moves to reach the physical fitness are made to withstand to the business climate and the stress environment created by this climate, [28]. Need for the health care and to protect the health care need has always been one of the primary purposes of the humanity. In fact, it is not possible in our society to think a television channel without the health-related program, a newspaper or a magazine without a health page. It needs to define the 'health' word and introduce its historical development for explaining how our health changed as a result of regular sports exercises, [29].

The World Health Organization defined the health as follows: The health is the state of affair that the person has the full-blooded welfare regarding his/her soul and social aspects besides not to be sick or disabled, [30]. Turkish Language Association explained this word as the healthy condition of the body, body wellness, welfare, livingness, [20].

There are several ways to protect and promote the health. One of the common ground where these differences meet is the sport undoubtedly, [8]. The various authors and scientists identify the 'sport' concept as the biological, pedagogic and a social work cures the health of the person regarding physiological and psychological needs, provides him to get social, brings the development of mental and motoric skill to a certain level, [27]. Being positively affected of societies in terms of either health and social or cultural and economic aspects by the sport caused to be shown this concept as a lifestyle in developed countries. Because the physical education and sports activities contribute to being raised the children as the mentally and spiritually healthy generation by keeping them out of each kind of bad habits, establish and sustain the bilateral relations between both interpersonal and inter-societal by increasing the life quality, [14].

The sports policies and the economic conditions of the governments are the most decisive factors to raise healthy individuals. The perspectives of educated administrators to the game and their conscious level about healthy quality life are the main ones of the reasons determine the importance, qualifications of school or office activities and the participation levels as well, [26]. Using the free times by physical exercises and sports activities have importance to avoid the tension of the technology and country life on the people and cure the stress created, [21]. The World Health Organization announced the 'Move for World Health Day' slogan in 7th April 2002. According to the data of World Health Organization that approximately over 2 million people die due to not to sport and do physical activity, [30]. At present, there are government policies exist to regain the moving life, likewise, protecting the health care need of exercise is a scientific truth. At the same time, the necessity of announcing the importance of sport for all ages caused to born the 'life-long sport' principle. In the 1980s, the activities such as folk run started to be popular in most of the villages in our country. In our day, become conscious of the universities and local administrations on this issue led the sport to spread everywhere and address to everyone, [29].

There are too many terms about 'leisure' and 'free time' which have a direct or indirect connection with the name of 'sport.' Several concepts may match with the term of 'free time.' The free time is mostly known as the opposite of working, but the work of a person may be the free time activity of another person. Many activities may include the characteristics of both the free time and work occupation. To be able to get rid of the imperatives and obligations is generally the key feature of the free time, [23]. According to Miller and Robinson, the free time training is an education for the individual to make use of

his/her free time well. The goal of this education is to gain the ability to tell oneself creatively and choosing a free time activity to improve personality. Such an education can be formal and informal as well, [22].

The free time is a process spent by the individual to understand oneself, free-time, own lifestyle and social formation. The purpose of this process is to enhance the comfort and welfare of the life, [1]. It is reported in researches that the individuals who have an extensive welfare perception are the people who actively join the activities, [12]

One of the principal factors of sustaining the healthy life is the physical activity. However, people have started to spend time as inactive in houses and offices in comparison with the old periods; this caused to be adopted a lifestyle without sport, [10]. Since the lipidosis ratio in the body of the person who does not sport will increase in the long run, these individuals are at risk of being overweight and obese; therefore it is confirmed that a lot diseases such as diabetes, tension, high cholesterol, and asthma can occur in the body, [25].

The physical activity is a bodily movement keeps and strengthens being healthy and fit. These bodily movements are actualized because of several reasons such as strengthening the cardiovascular system and muscles, improving the sports skills, weighting loss or physical compatibility. The physical activities did frequently and methodical empower the immune system and helps to avoid the diseases such as heart conditions, cardiovascular diseases, type 2 diabetes, and obesity, [19]. The physical activity has positive effects on the public health. The exercises provide a muscular force of all ages, elasticity, joint mobility, coordination and the weight control. Moreover, the practices ensure the development of personal power, to increase the social relations and also to enhance the life quality and lifetime, [3].

All the people need for the educations of physical fitness, health, life-long sport and recreation to raise healthy and lively individuals, [15]. While many countries invest to encourage for lifelong physical activity, they also guide different societies to apply these for programs, [13]. These programs emphasize the fun besides the benefits of sport and physical activity. The recreation that is important to encourage physical activity provides to change the ordinary flow of life; while it ensures refreshing and renewing as is seen by the word meaning, also establishes the physical, mental and emotional stability, [14].

The concept of 'have fun and rest' that becomes more important day by day in the social life of countries can be stated as the components of the free times made by kinds of sport and activities with the art and cultural services. The recreation that means refreshing by joyful activities or exercises also infers that the experiences of the person joins to have fun and get pleasure voluntarily, [26]. In brief, the recreation is the activity selected by individuals to exercise in their free time. This activity may be the physical, social and emotional thematic or all together, [9].

The population density, crowded society and urbanizing facts in metropolises cause positive changings in the expectations of people. Each individual in metropolises desires a greener city environment besides growing demands such as high technology, developed architecture, etc. People want to live the life more healthy by resting and actualizing activities in picnic areas, walking and running paths, park and recreation areas, green spaces, game areas for children, theater buildings, amusement centers, motion picture theaters, shopping malls in almost all city centers. People want to reach these centers and regions for recreative activities in a short time, not via trips for long hours. They also ask to be close to where they work or live. They pine to catch fish, air oneself, blow off steam and relax by visiting a park and recreation area or a picnic site even for a short time. People want to see these areas as close to their houses, schools or kindergarten of their children. While the social activity areas improve in metropolises, the big park and recreation areas are also created to give the citizens these chances.

In this context, the goal of this study is to analyze the preventing factors for joining the physical activities and reveal how the parks and recreation areas used as physical activity places. Also, this research will make tremendous contributions to our country about the recreation services and be a lodestar for the local administrators for planning such areas. Moving away from nature by fast-growing cities and becoming of life more inactive by getting easy via technology canalized to people to city parks for physical activity or fun. The local administrations start to build park and recreation areas by the incentive of governments based on the principle of being protected the community health that is one of the prior missions of the state. I believe that this study will remark to these parks. In this study, it is aimed to review the expectation and demands of the users of city parks by contributing to planning the new recreation areas and looking for a solution for how the people play sports comfy. It is thought that this research contributes to the planning process of new park and recreation areas.

## 2 Method

The investigators conducted the surveys in ‘Özgürlük Park and Recreation’ area in İstanbul. Before being carried out the questionnaires on the users visit Özgürlük Park and Recreation area in weekday and weekend, it is informed about why this survey is conducted and how they should be answered. It is requested that no names and surnames are written in the questionnaires. It is explained to the investigators that each question must be read one by one and answered.

The wrongly filled questionnaires and the forms have more than one answer to each issue are excluded (50 questionnaires) when the data obtained from 250 people attended to the survey voluntarily. Finally, 200 attendees are taken into the scope of the investigation.

### 2.1 Research Group

The population of the validity and reliability study of the data collection tools used in research is composed of the users of ‘Özgürlük Park and Recreation’ area who are 15 and older and living in Kadıköy. 250 people who live in Kadıköy district of İstanbul Province and visit ‘Özgürlük Park and Recreation’ area joined in this survey. 200 of attendees are taken into the scope of validity and reliability by excluding the wrongly filled forms. The age range of these 200 people is between 15 and 80. Educational statuses of these attendees are the primary school, secondary school, High school, University and Post Graduate. The income levels are limited between 1300 Turkish lira and 10.000 Turkish liras.

### 2.2. Data Collection Tools

The surveys used in this research have entirely 2 papers. There are 6 questions on the first page about the demographic features of the users visit the recreation park area. On the second page, there are the survey with 15 questions about the reasons for selecting the place as the physical activity area that they go to and another questionnaire consisting of 18 questions about the factors prevent to join the physical activity. In this study, while the first page has demographic questions, on the second page, there is the Two-Factor Physical Activity Area Assessment Scale (PAAAS) asks the reasons of being selected for any place as the physical activity area. This Two-Factor Physical Activity Area Assessment Scale was conducted in literature about this issue, [5].

The sub-dimension of the venue selection for the physical activity measures the factors push the people who visit the park and recreation area for physical activity to choose

there as the physical activity place. The scale that consisting of 15 articles is 5 point Likert-type (1: Crucial, 2: Important, 3: It doesn't matter, 4: Unimportant, 5: Very Unimportant/Picayune). The sub-dimension of the factors prevent the joining to the physical activity measures the factors impede the attendance of people to the park and recreation areas. The scale that consisting of 18 articles is also 5 point Likert-type (1: Absolutely Disagree, 2: Disagree, 3: Barely Agree, 4: Agree, 5: Absolutely Agree), [5].

Within the period of being adapted the assessment instruments used in research to Turkey, firstly, Kaiser-Meyer-Olkin (KMO) test is applied to understand whether the date obtained from both two surveys are comply with factorability and Bartlett test is conducted to examine whether the number of sample obtained from the population (universe) is enough for factor analysis. After the face validity process for the scales, Principal Component Factor Analysis is conducted to test the structure validity and reliability of both two scales. The Cronbach Alpha value is considered to determine the internal consistency, reliability of the dimensions in scales and how correct both the two scales measure the feature targeted, [5].

### 2.3 Analysis of the Data

SPSS 17 packaged software is used to solve the data obtained at the end of the data collection process. The descriptive statistics methods (frequency, percentage) are utilized for the personal details. Independent Samples T-Test technique is utilized to understand if any significant difference exists or not in terms of the gender and marital status of the attendees when they choose these places as the Physical Activity areas. One-Way ANOVA method helped to test whether there is a meaningful difference in terms of the educational status of the attendees when they choose these places (Park and Recreation areas) as the physical activity area. It is tested about if there is a significant difference or not in terms of the gender and marital status between the reasons prevent the participants of the survey to attend the physical activity. One-Way ANOVA is also used to learn whether there is a meaningful difference in terms of the educational status between the reasons prevent the attendees to participate in these areas for physical activity.

## 3 Findings

**Table 1.** Demographic Information Table of People Visit the Park and Recreation Areas

Variables	n	%	Total
Gender	Male	99	49,5
	Female	101	50,5
Marital status	Married	70	35,5
	Single	130	65,5
Educational Status	Primary Education	22	11,0
	Secondary Education	9	4,5
	High School	37	18,5
	University	124	62,5
Monthly Income	Post Graduate	8	4,0
	1300-2000	105	52,5

	2000-3000	52	26,0	
	3000-5000	26	13,0	
	5000-10000	17	8,5	
Job	Student	81	40,5	200
	Nurse	6	3,0	
	Unemployed	3	1,5	
	Self-employed	44	22,0	
	Engineer	9	4,5	
	Teacher	18	9,0	
	House wife	15	7,5	
	Retired	6	3,0	
	Pharmacist	1	,5	
	Doctor	9	4,5	
	Coach	1	,5	
	R&D	1	,5	
	Footballer	3	1,5	
	Lawyer	3	1,5	
Age	15-20	50	25,0	200
	21-26	64	32,0	
	27-32	26	13,0	
	33-38	17	8,5	
	39-44	21	10,5	
	45-50	8	4,0	
	51-56	4	2,0	
	57-62	3	1,5	
	63-68	3	1,5	
	69-74	2	1,0	
75-80	2	1,0		

There are 101 (50,5%) male and 99 female (49,5%) participants in this research. It is seen when the table is evaluated that 130 (65,5%) of the attendees are single and 70 (35,5%) of them are married. The educational status of 124 (62,5%) of them is University. About the monthly income, 105 of them are in the interval of 1300-2000 Turkish liras. It is also observed from the table that 81 (40,5%) of them are students and 44 (22,0%) of them are self-employed. About the age groups, 32% of them is in 21-26 age range, and 25% of them is in the 15-20 age range.

**Table-2.** T-Test Results of the Scale Points of Factors Prevent the Participation to Venue Selection and Activity regarding the Gender

	Gender	n	X	ss	t	p
Physical Activity Venue Selection	Female	99	18,07	5,65	-,726	,469
	Male	101	18,78	7,97		
Factors Prevent the Participation to Physical Activity	Female	99	28,93	9,91	-1,260	,209
	Male	101	30,86	11,57		

There is not a significant difference relating to the gender in the scale points of the attendees visit Özgürlük Park, and Recreation for physical activity [ $t=-,726$ ,  $p>.05$ ]. This result can be commented as the venue selections for physical activity don't differentiate with regard to the gender.

**Table-3:** T-Test Results of the Scale Points of the Factors Prevent to Attend to Physical activity and Venue Selection

	Marital Status	n	X	ss	t	p
Physical Activity Venue Selection	Married	70	15,92	5,24	-3,88	,000
	Single	130	19,77	7,34		
Factors Prevent the Participation to Physical Activity	Married	70	27,47	10,34	-2,37	,019
	Single	130	31,22	10,85		

Concerning this finding, the H1-1 Hypothesis called 'Is there a meaningful difference regarding the gender between the scale points of people visit Özgürlük Park and Recreation are for physical activity?' is denied, there is not a significant differentness.

Besides, there is also not a substantial discrepancy in terms of the gender in scale points of people about the reasons of not to attend to physical activities in those areas [ $t=-1,260$ ,  $p>.05$ ]. The level point averages of women ( $x=28,93$ ) about the reasons of not to attend to physical activities in those areas are higher than the scores of male attendees ( $x=30,86$ ).

This finding can be interpreted as the scale points about the reasons of not to attend to physical activities in those areas don't differentiate regarding the gender. Based on this conclusion, the H1-4 Hypothesis called 'Is there a significant difference in terms of the gender in scale points of people about the reasons of not to attend to physical activities in those areas?' is rejected, there is not a significant discrepancy.

There is an important difference in terms of the marital status in the scale points of people visit Özgürlük Park and recreation area for physical activity. [ $t=-3,88$ ,  $p<.05$ ]. This finding can be commented as the venue selections differentiate in terms of the marital status. According to this finding, the H1-2 Hypothesis called 'Is there a meaningful differentness regarding the marital status in scale points of venue selection of people visit Özgürlük Park and recreation area for physical activity?' is accepted, the significant discrepancy exists.

There is also a meaningful difference concerning marital status in scale points about the reasons of not to attend to physical activities in those areas. [ $t=-2,37$ ,  $p>.05$ ]. This conclusion can be interpreted as the venue selections differentiate concerning the marital

status. Based on this finding, the H1-5 Hypothesis called ‘Is there a significant difference in terms of the marital status in scale points of reasons of not to attend to activities in those areas by people visit Özgürlük park and recreation are for physical activity?’ is accepted, the meaningful difference exists.

**Table-4:** Results of ANOVA for Educational Status and Results of Post Hoc Test TUKEY for Educational Status of Scale Points of Factors Prevent to Attend to Physical Activity and Venue Selection

	Educational Status	n	X	ss	f	p	TUKEY
Physical activity Venue selection	Primary School	22	14,36	3,83	2,90	,023	1-4
	Secondary School	9	19,33	6,61			
	High School	37	17,40	5,65			
	University	124	19,24	7,56			
	Post Graduate	8	20,75	4,52			
	Total	200	18,43	6,91			
	Primary School	22	26,31	10,86			
Factors prevent to attend to the physical activity	Secondary School	9	28,55	7,264	2,65	,034	1-5
	High School	37	27,45	11,30			
	University	124	30,83	10,37			
	Post Graduate	8	38,37	13,44			
	Total	200	29,91	10,80			

There is not a significant difference in terms of the educational status in venue selection scale points of people visit Özgürlük park and recreation are for physical activity. [ $f=2,90$ ,  $p>.05$ ]. This finding can be interpreted as the venue selections for Özgürlük park recreation areas don’t differentiate concerning the educational status.

Based on this conclusion, the H1-3 Hypothesis called ‘Is there a meaningful discrepancy in terms of the educational status in venue selection scale points of people visit those areas?’ is rejected, there is not a significant difference.

There is also not an important difference regarding the educational status in scale points for the reasons of not to attend to physical activities in Özgürlük park and recreation areas for physical activity. [ $f=2,65$ ,  $p>.05$ ]. This outcome can be commented as the scale points for the reasons of not to attend to physical activities in those areas don’t differentiate regarding the educational status.

According to this outcome, the H1-6 Hypothesis called ‘Is there a notable discrepancy regarding the educational status in scale points for the reasons of not to attend to physical

activities in Özgürlük park and recreation area?’ is denied, a significant difference could not be found.

According to the results of Tukey test, there is not a meaningful difference for the venue selection scale points between primary and secondary education [ $f=2,68$ ,  $p>.05$ ]. A significant difference could not be found between elementary and High school as well. [ $f=1,82$ ,  $p>.05$ ]. There is not an important discrepancy between primary education and post graduate [ $f=2,80$ ,  $p>.05$ ], but a remarkable difference is found when the primary school graduates and bachelors are compared. [ $f=1,57$ ,  $p<.05$ ]. It can be said under these data that there is only one meaningful difference between the scale points of people from primary school and university categories.

## 4 Discussion and Conclusion

The projects about being used the park and recreation areas as the physical activity places have importance in regard to the determination of the factors prevent the participation or increase or decrease the attendance of the visitors for physical activity. In line with the observations obtained from these findings, it is possible to provide more visitors to benefit from these areas for physical activity with the help of planning and management decisions. It is aimed in my this study that to specify the factors affect the participation, venue selection for physical activity in terms of the variables of gender, age, educational status, marital status, the monthly net income of the users in Kadıköy in İstanbul.

It is found that the reasons of not to attend to the physical activities in these recreation areas don't differentiate with regard to the gender. In other words, the reasons of not to join to the physical activity in those areas don't change in terms of being male or female. It is pointed out in this research that the restrictive causations to attend to physical activity are almost the same for both women and men. Salguero, Gonzalez-Boto, Tuero, Marquez determined in their study about the motivation reasons of young swimmers to sport that there is not a substantial difference based on the gender, [18].

In contrast with these findings, Johnson et al., determined in their research that there are gender-based different perceptions in the participations of female and male attendees to the physical activity, [7]. According to Johnson and his team, this difference mostly results from the security perception. Therefore, the low safety perception may reduce the participation of females to join to the physical activity in those areas. The users of Özgürlük Park and recreation areas feel themselves secure in contrast with the indication of Jonhson et al. (Table-2). On the other side, it is determined in the research of Tsai with 246 male and 415 female attendees that the motivation levels of the individuals for joining to the exercise don't differentiate in terms of the marital status and sub-dimensions, [24]. On the other hand, it can be said through our research that there is a difference in terms of the marital status for attending to physical activities. In line with this result, the marital status of the people has a positive or adverse effects on participation of people to physical activity in those areas. In male-dominated societies, since the women adapt the mission of raising children and dealing with the house works, they may not spare time for physical activity; we can say via our project that the factor of being married can negatively effect the participation to join in the physical activity (Table-3). There is found a significant difference in venue selection scale points for physical activity. This may be derived from being considered the damages from outside due to be single or married. We can point out that the married individuals evaluate the place both for oneself and the family.

It is confirmed when the findings obtained are analyzed that there is determined the difference between the attendees who graduated from the university and post graduate. The points of the participators whose educational status is high school and below are lower than the participants who graduated from university and post graduate (Table-4 ANOVA). This

result can be commented on the level of education increases; the individual acquires a healthy living awareness. Similarly, Droomers, Schrijvers, and Mackenbach found that the undereducated people attend to the physical activities with a lower ratio in comparison with the bachelors, [4]. In parallel with these approaches, the study of Aşikkutlu can be shown as the example. Aşikkutlu pointed out that the motivation and restrictors differentiate regarding the educational status, [2].

There is not found an important discrepancy with regard to the age, occupational groups and monthly income in scale points about not to attend to the physical activities in park and recreation areas. In other words, these reasons don't differentiate based on the age, gender, job or the monthly income status. But, James found in his research that the appearance of the women may limit the participation to the activities in public, [6]. Moreover, according to the statement of Kunz and Graham, the gender is a major factor effect the attendance to the physical activity and the young individuals are in the tendency to attend to the physical activity more than the older ones, [11].

The results and recommendations below are obtained by this research that determines the factors prevent the attendance of the individual from joining in the physical activities and the venue selection and analyzes the demographic features based on the variables of gender, educational status, marital status, income level, job, and age.

It is determined at the end of the research that the factors that are useful for venue selection don't differentiate regarding the variables of gender, income level, job and age variables. In other words, being female or male, single or married, high or low income don't effect to choose the park and recreation areas as the physical activity area.

There is not found a difference based on the gender when the factors prevent the attendance are analyzed. The gender ratios are close to each other. In another finding, a significant difference is determined regarding the marital status. There is a large discrepancy in the venue selection of married individuals in comparison with the single ones. It is stated that the families have children want playgrounds and places such as kindergartens and also the animal shelters for our animal friends. Since the households with the child are scared of an attack of the animals, they mentioned that they don't feel at ease. It is suggested to the local administrations that more playgrounds and the animal shelters are the necessities for families with child and our animal friends.

130 of the attendees are bachelors and above, 70 of them graduated from the University and below. Based on this finding, the high-school graduate people who prefer the park and recreation areas are in the minority. The theatrical activities, reading activities, Pilates and Zumba, are recommended to increase this minority ratio. I think that the engaging activities may positively affect the venue selection. We should catch the fancies of people from each age group and the educational status. About the venue selection, there is not a significant difference between the primary and secondary education, primary education and the high school. But a meaningful difference exists between the individuals graduated from the primary level and the university. This situation can be explained by this issue that I've just mentioned; the activities and interests of each age and the educational group should be developed and introduced to avoid the differences in the venue selection.

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