

EXAMINING THE FACTORS CONSTRAINING PHYSICAL EDUCATION AND SPORTS EMPLOYEES FROM PARTICIPATING IN RECREATIONAL ACTIVITIES IN TERMS OF GENDER AND PROFESSION

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ABSTRACT: This paper aims at examining the factors constraining physical education and sports employees from participating in recreational activities in terms of gender and profession. A total of 110 physical education and sports employees, of which 42 are academicians in the School of Physical Education and Sports in Mugla Sitki Kocman University and Antalya Akdeniz University and 68 are physical education and sports teachers serving in different schools in Antalya, participated in the research voluntarily. The "Leisure Constraints Scale" developed by Alexandris and Carrol (1997) and of which validity and reliability studies were administered by Karakucuk and Gurbuz (2008) was used in the research for determining the factors that may constrain the participants from participating in recreational activities. Frequency test, average score test, normality test and t-test were used in statistical analyses.

In conclusion, a significant difference was found between the physical education and sports employees' scores in the sub-scales gender and lack of time ($p < 0.05$). Considering the factors constraining the physical education and sports employees from participating in recreational activities in terms of profession, academicians were found to have a higher score in the sub-scale lack of time compared to the physical education and sports teachers.

Key Words: physical education and sports, teacher, academician, recreation

INTRODUCTION

For Torkildsen, leisure is the free time after the practical necessities of life have been attended to (Torkildsen 1999). Kropotkin and Russell stated that leisure activities were like a key to life and had a more comprehensive meaning than foreseeing the importance of leisure and the phenomena defined in fundamental functions and working (Russell 1997, Kropotkin 1997). Temporary escape from stress through leisure may allow the individual to psychologically regroup and to more effectively deal with existing problems upon returning (Sharp and Mannell 1996). As Russell said; "to be able to fill leisure intelligently is an important product of civilization" (Russell, 1997). For Alexandris, recreational activities have showed a marked improvement in many countries through large publicity campaigns and physical, psychological and social benefits increased the potential of need for recreation (Alexandris 1998). Tillman (1996) classified the basic needs for recreation as new experiences like adventure, relaxation, escape and fantasy, security, recognition and identity, dominance, service to others, responsibility and social interaction, creativity, mental activity, physical activity and fitness.

For the model developed by Crawford and Godbey, the factors constraining individuals from participating in leisure activities are divided into three categories: intrapersonal, interpersonal and structural. The intrapersonal factors

may be defined as one's perception of his skill level, his attitudes towards the activity and his perception of the suitability of the activity. The interpersonal factors are finding a partner or friend for participating in the activity, money and time; while structural factors are transportation, quality and accessibility of the facilities (Crawford and Godbey 1987).

In the light of this information, this research aims at examining the factors constraining physical education (PE) and sports employees from participating in recreational activities in terms of gender and profession.

MATERIAL AND METHOD

A total of 110 physical education and sports employees, of which 42 are academicians in the School of Physical Education and Sports in Mugla Sitki Kocman University and Antalya Akdeniz University and 68 are physical education and sports teachers serving in different schools in Antalya, participated in the research voluntarily. The 27-item and 6-subscale "Leisure Constraints Scale" developed by Alexandris and Carrol (1997) was used in the research for determining the factors that may constrain the participants from participating in recreational activities. Frequency test, average score test, normality test and t-test were used in statistical analyses. The validity and reliability studies of the scale were administered by Karakucuk and Gurbuz (2008). The 27-item scale consists of 6 items, namely (1) "lack of time and interest," (2) "individual psychology," (3) "lack of knowledge," (4) "accessibility," (5) "lack of facility," and (6) "lack of friend." The Leisure Constraints Scale is divided into 6 subscales. The first subscale (individual psychology) includes the items 1, 2, 3 and 4, the second subscale (lack of knowledge) includes the items 5, 6, 7, 8 and 9, the third subscale (facility/service) includes the items 10, 11, 12, 13, 14, 15, 16 and 17, the fourth subscale (lack of friend) includes the items 18, 19 and 20, the fifth subscale (time) includes the items 21, 22, 23 and 24, and the sixth subscale (lack of interest) includes the items 25, 26 and 27. In another research, the Cronbach Alpha internal consistency coefficient, measured for testing the reliability of the scale, was found 0.67 (time) and 0.82 (lack of knowledge) for 303 university students. In this research, on the other hand, Cronbach Alpha internal consistency coefficient was found (.79) for lack of knowledge, (.63) for facilities/service, (.72) for individual psychology, (.82) for lack of friend, (.64) for time and (.75) for lack of interest. The leisure constraints of individuals were assessed by a 4-point likert type scale ranging from (1) "not important at all," (2) "not important," (3) "important," and (4) "very important."

FINDINGS

Table 1: Examining the subscales of the Leisure Constraints Scale for physical education and sports employees participated in the research

		N	X	SS	t	p
Individual psychology	Academician	42	2,0417	,80947		
	PE and Sports Teacher	68	2,4265	,64799	-2,748	,007
Lack of knowledge	Academician	42	2,3143	,93719		
	PE and Sports Teacher	68	2,5147	,60477	-1,364	,175
Facility/service	Academician	42	2,5714	,67762		
	PE and Sports Teacher	68	2,4059	,48126	1,496	,138
Lack of friend	Academician	42	2,4603	,68650		
	PE and Sports Teacher	68	2,2892	,56400	1,421	,158
Lack of time	Academician	42	2,7976	,72254		
	PE and Sports Teacher	68	2,3934	,66399	2,999	,003
Lack of interest	Academician	42	2,4048	,71959		
	PE and Sports Teacher	68	2,5539	,68048	-1,093	,277

p<0.05

As seen in the Table 1 above, there are significant differences in the factors constraining PE and sports employees from participating in recreational activities in terms of the variable profession. The average score of the academicians serving in the PE and sports department was found 2.79+ 0.72 in the subscale lack of time; while the average score of PE teachers was determined 2.39+0.66 in the same subscale.

Table 2: Examining the subscales of the Leisure Constraints Scale for physical education and sports employees participated in the research in terms of gender

			N	X	SS	t	p
Individual psychology	ale	M	75	2,30	,76	,35	,72
		Fe	35	2,24	,70		
	male						
Lack of knowledge	ale	M	75	2,46	,73	,52	,60
		Fe	35	2,38	,78		
	male						
Facility/service	ale	M	75	2,53	,56	1,71	,09
		Fe	35	2,33	,57		
	male						
Lack of friend	ale	M	75	2,42	,59	1,70	,09
		Fe	35	2,20	,66		
	male						
Lack of time	ale	M	75	2,64	,70	2,09	,04
		Fe	35	2,29	,70		
	male						
Lack of interest	ale	M	75	2,24	,71	1,80	,08
		Fe	35	2,46	,63		
	male						

p<0.05

As seen in the Table 2 above, considering the scores of physical education and sports employees participated in the research in the subscales of the Leisure Constraints Scale in terms of gender, the average score of the females is 2.29+0.70 in the subscale lack of time, while the average score of the males is 2.64+0.70 in the same subscale. It was determined that male participants serving in the physical education and sports sector had a higher level of lack of time

constraint concerning recreational activities.

DISCUSSION AND CONCLUSION

In this research conducted for examining the factors constraining physical education and sports employees from participating in recreational activities in terms of gender and profession, these factors were found to differ significantly in terms of the variable profession. The average score of the academicians serving in the PE and sports department was found $2.79+0.72$ in the subscale lack of time; while the average score of PE teachers was determined $2.39+0.66$ in the same subscale (Table 1). The academicians serving in the PE and sports department were determined to have a higher level of lack of time constraint. Considering the results of the researches on recreation constraints, the fundamental factors affecting an individual's participation in recreational activities is as follows in order of importance: money, time, lack of friend, transportation, and facility (Kocak 2005, Shnew et al. 2004).

Considering the scores of physical education and sports employees participated in the research in the subscales of the Leisure Constraints Scale in terms of gender, the average score of the females is $2.29+0.70$ in the subscale lack of time, while the average score of the males is $2.64+0.70$ in the same subscale. It was determined that male participants serving in the physical education and sports sector had a higher level of lack of time constraint concerning recreational activities (Table 2). In another research, when leisure motivations of PE and sports teachers are examined in terms of the variables gender, frequency of participation in leisure activities, and active/passive participation in sporting, social and artistic/cultural activities, the leisure motivation averages of the male participants were found significantly higher than the averages of the females (Lapa, Agyar and Bahadır 2012). The findings of the mentioned research are in parallel with the findings of this research.

In conclusion, the factors constraining physical education and sports employees from participating in recreational activities differ significantly in terms of the variable profession. The academicians in the physical education and sports department were found to have a higher level of lack of time constraint. It was also determined that male participants serving in the physical education and sports sector had a higher level of lack of time constraint concerning recreational activities than the female participants.

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