



Effect of Covid-19 Pandemic on Recreational Awareness and Quality of Life

Mehmet DEMİREL^{1A}, Alper KAYA^{1B}, Davut BUDAK^{2C}

Mustafa Sabır BOZOĞLU^{1D}, Yusuf ER^{3E}

¹Necmettin Erbakan University, Faculty of Tourism, Department of Recreation Management

²Atatürk University, Faculty of Sports Sciences, Department of Sports Management

³Karamanoğlu Mehmetbey University, School of Applied Sciences

Address Correspondence to M. Demirel : e-mail: mdemirel@erbakan.edu.tr

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A:Orcid ID: 0000-0003-1454-022X B:Orcid ID: 0000-0002-0364-4122 C:Orcid ID: 0000-0003-2632-0232

D:Orcid ID: 0000-0003-2690-1053 E:Orcid ID: 0000-0001-8441-4283

Abstract

The Covid-19 pandemic has significantly changed individuals' quality of life. Authorities have taken various measures to protect general public health. These measures, which are taken to fight the virus effectively during the pandemic, have also limited many recreational activities that individuals can do in daily life. In this study, the participants were university students, and the recreational awareness levels of the participants and the effects of the Covid-19 pandemic on the quality of life of the participants were discussed in terms of various variables (n=818). The SPSS package program was used in the analysis of the research data, and Kolmogorov Smirnov test and Shapiro tests were applied to determine the normality of the data distribution. Since the data did not have a normal distribution, that is, non-parametric distribution, besides descriptive statistical models, Mann Whitney U, Kruskal Wallis test, and correlation analysis were applied. A significant positive relationship was found between recreational awareness and the effect of the Covid-19 pandemic on quality of life. As a result, a significant difference was found between the recreational awareness levels of university students and their demographic variables only in the variable of being infected with the Covid-19, and no significant difference was found in other variables. As a result, it was understood that there were significant differences in the variable of being infected with Covid-19. It has been determined that there are significant differences between the effect of the Covid-19 pandemic on the quality of life and gender, age, welfare level and being infected with Covid-19. It has been observed that university students are adversely affected not only psychologically, but also both socially and professionally due to the pandemic.

Keywords: Pandemic, Covid-19, Quality of Life, Recreation, Recreational Awareness

Covid-19 Pandemisinin Rekreatyoneel Farkındalık ve Yaşam Kalitesine Etkisi

Özet

Covid-19 pandemisi bireylerin yaşam kalitesini önemli ölçüde değiştirmiştir. Yönetimler, genel halk sağlığını koruyabilmek amacıyla çeşitli önlemler almıştır. Pandemi sürecinde virüsle etkin bir şekilde mücadele edebilmek amacıyla alınan bu önlemler, bireylerin gündelik hayatta yapabileceği birçok rekreatyoneel aktiviteyi de sınırlandırmıştır. Üniversite öğrencilerinin rekreatyoneel farkındalık düzeyleri ile Covid-19 pandemisinin yaşam kalitesi üzerindeki etkilerinin çeşitli değişkenler açısından ele alındığı bu çalışmaya toplam 818 kişi katılım göstermiştir. Araştırma verilerinin analizinde SPSS paket programından yararlanılmış olup veri dağılımının normalliğini tespit etmek için Kolmogorov Smirnov testi ve Shapiro testleri uygulanmıştır. Verilerin normal bir dağılıma sahip olmadığı yani Non-parametrik olduğu için tanımlayıcı istatistiksel modellerin yanı sıra Mann Whitney U, Kruskal Wallis testi ve korelasyon analizi uygulanmıştır. Rekreatyoneel farkındalık ile Covid-19 pandemisinin yaşam kalitesine etkisi arasında pozitif yönde anlamlı bir ilişki tespit edilmiştir. Sonuç olarak üniversite öğrencilerinin rekreatyoneel farkındalık düzeyleri ile demografik değişkenleri arasında yalnızca Covid-19 hastalığı geçirme durumu değişkeninde anlamlı farklılık tespit edilmiş bunun dışında diğer değişkenlerde herhangi anlamlı bir farklılık tespit edilmemiştir. Covid-19 pandemisinin yaşam kalitesine etkisi ile katılımcıların yaş, cinsiyet, refah durumu ve Covid-19 hastalığını geçirme durumu değişkenleri arasında anlamlı farklılıklar tespit edilmiştir. Sonuç olarak Covid-19 ile enfekte olma değişkeninde anlamlı farklılıklar olduğu anlaşıldı. Covid-19 pandemisinin yaşam kalitesine etkisi ile cinsiyet, yaş, refah düzeyi ve Covid-19 ile enfekte olma arasında anlamlı farklılıklar olduğu belirlendi. Üniversite öğrencilerinin pandemi nedeniyle sadece psikolojik olarak değil, sosyal ve mesleki açıdan da olumsuz etkilendiği gözlemlendi.

Anahtar Kelimeler: Pandemi, Covid-19, Yaşam Kalitesi, Rekreatyon, Rekreatyoneel Farkındalık.

INTRODUCTION

The Covid-19 pandemic is known as one of the latest threats of respiratory diseases that directly affect global public health (1). Coronaviruses are also known as RNA viruses that infect humans and various animals. These viruses, which were first revealed in 1966, belong to four different families: alpha, beta, gamma, and delta coronavirus. Alpha and beta coronaviruses originate especially from mammals, while gamma and delta coronaviruses are transmitted from birds and pigs. Among these subspecies that can infect humans, beta coronaviruses cause serious illness and death, while alpha coronaviruses cause mild symptoms (2). The current coronavirus disease emerged in the city of Wuhan in China's Hubei Province in December 2019, and this virus caused acute atypical respiratory disease. The virus that caused these diseases was named Covid-19. The virus is effectively contagious and has spread around the world in a short time. As a result of the worldwide prevalence of the virus, it has been declared a global pandemic by the World Health Organization (WHO) (3). It has been stated that pneumonia, severe acute respiratory syndrome symptoms, and multi-organ failure have been found in people infected with Covid-19 and it exacerbates chronic diseases (4,5). Because of these reasons various restrictions have been implemented to prevent the pandemic and its effects. The restrictions have generally been implemented taking into consideration individuals' time and management of this time. As a result of the pandemic, the time management of individuals has also been affected while most people have had the chance to spend more time for leisure activities in the process. In addition to the increase in leisure, various restrictions have been implemented also for indoor activities and areas. Therefore, both the measures and the size and impact of the pandemic naturally and negatively have affected the daily lives of individuals, their time, and leisure management and in the simplest sense, there has been a decrease in physical activity while there has been an increase in inactive lifestyle (6,7,8).

Generally speaking, the pandemic has had impacts on the health, safety, and well-being of individuals and communities alike. These effects may translate into a range of emotional reactions (such as distress or psychiatric conditions), unhealthy behaviors (such as excessive substance use), and non-compliance with public health directives (such as home confinement and

vaccination) in people who contract the disease and in the general population (9). In the most basic sense, individuals who meet their primary needs have difficulty in meeting their secondary needs as a result of restrictions. For example, being also a social being, the human being cannot fully meet the socialization needs outside of Psychological needs in this period. Participation in recreational activities, which refer to one of the most effective ways of socializing and meeting this need, cannot be ensured to the full. Recreational activities are socially accepted and shared by all groups and classes in society (10). Recreation meets the individual's need for self-actualization as well as socialization (11,12,13). Understanding the motivations of participation in recreational activities (14), attitudes (15), benefits obtained as a result of participation in activities (16,17,18,19) and the levels of satisfaction (20) will also create awareness not only on leisure but also on activities.

Recreational awareness is the state of being aware of what recreation means for the individual and what those individual gains as a result of participation in activities (21). Recreational awareness and consciousness can be important in terms of making use of leisure activities and participation in activities.

In consideration of the foregoing, this study aims to examine the effects of the pandemic on the quality of life of university students and their recreational awareness in terms of various variables.

MATERIAL AND METHOD

Method

Data Collection Tools

In addition to the "Personal Information Form" created by the researchers as a data collection tool in the study, the "Recreation Awareness Scale (RAS)" and "The Effect of the Pandemic on Quality of Life Scale (EPQLS)" were used.

The "Recreational Awareness Scale" developed by Ekinci and Özdilek was used as a data collection tool to measure the awareness of participation in recreational activities. The original scale consists of 41 items and 3 sub-dimensions (21). These sub-dimensions are Pleasure-Entertainment, Social-Success, and Self-improvement. The Pleasure-Entertainment sub-dimension includes items 1-10, the Social-Success sub-dimension items 11-28, and

the Self-improvement sub-dimension items 29-41. The items of the scale are ranged and rated on a 5-point Likert type as (1) "I strongly disagree", and (5) "I strongly agree". The total internal consistency score of the scale was found to be .882 for this study. In addition, The Impact of the Covid 19 Pandemic on Quality of Life, which was developed and validated specifically for the report of the International Scientific Association by Erçetin et al.(23), was used. The scale consists of 4 sub-dimensions including "psychological", "social", "professional" and "familial" effect and 29 items, 13 of which are in "psychological", 4 of which are in "social" and in "professional", and 8 of which are in "familial" effect. The scale is structured in a 4-point Likert-type scale as "I am barely affected, (2) I am slightly affected, (3) I am affected, and (4) I am highly affected". The reliability coefficient for this study was found to be .898.

Participants

The population of the study consists of individuals studying in various departments of universities. The participants to be included in the sampling were selected using the convenience sampling method and the sample group consists of a total of 818 university students (446 females (54.5%) and 372 males (45.5%)). Determined via the convenience sampling method, this sample is also called accidental or grab sampling. Convenience sampling involves taking a sample group of people easy to reach (22).

Statistical Analysis

In the analysis of the data obtained in the study, percentage and frequency were used to determine the distribution of personal information of the participants, and the values of the data were checked with the Kolmogorov Smirnov test and Shapiro test to determine whether the data showed a normal distribution. As a result of the analyses, it was determined that the data did not have a normal distribution, which indicates the data showed a "Non-Parametric" distribution. For this reason, Mann Whitney U, Kruskal Wallis test, and correlation analysis methods were used apart from descriptive statistical models in the statistical analysis of the data ($\alpha = 0.05$).

Ethical Text

In this article, journal writing rules, publication principles, research and publication ethics rules, journal ethics rules were followed. Responsibility for

any violations that may arise regarding the article belongs to the authors. Before the research, the necessary permission was obtained from the Scientific Research and Publication Ethics Committee of Karamanoğlu Mehmetbey University (Date: 29.03.2021, No: 2021-19).

Findings

Along with the demographic information of the participants, the findings obtained as a result of this study are presented in tables with their explanations under this section.

Table 1. Distribution of Scale Scores

Sub-dimensions	Number of items	Mean	Sd	p
RAS 1 (Pleasure-Entertainment)	10	3.28	1.44	.000
RAS 2 (Social-Success)	18	3.30	1.39	.000
RAS 3 (Self-improvement)	13	3.32	1.42	.000
RAS (Total)	41	3.29	1.40	.000
EPQLS 1 (Psychological)	13	2.22	.854	.000
EPQLS 2 (Social)	4	2.37	.858	.000
EPQLS 3 (Professional)	4	2.29	.953	.000
EPQLS 4 (Familial)	8	2.53	.917	.000
EPQLS (Total)	29	2.33	.755	.000

In Table 1 includes the mean scores of the participants in the Recreational Awareness Scale (RFS) and the Effect of the COVID-19 Pandemic on Quality of Life Scale (EPQLS) sub-dimensions and the Kolmogorov Smirnov test and Shapiro test significance values, which were used to determine the structure of the data. Accordingly, it was determined that the highest average for the RFS was 3.32 in the "Self-improvement" sub-dimension and 2.53 in the "Familial effect" sub-dimension for the EPQLS. Considering the significance values (p), it was revealed that the data had a non-parametric structure.

Table 2. Demographic Information of Participants

Variables		f	%
Gender	Female	446	54,5
	Male	372	45,5
	Total	818	100,0
Age	17-20	371	45,4
	21-25	344	42,1
	26 and over	103	12,6
	Total	818	100,0
Grade	1 st -grade	290	35,5
	2 nd -grade	221	27,0
	3 rd -grade	155	18,9
	4 th -grade	152	18,6
	Total	818	100,0
Level of welfare	Low	195	23,8
	Moderate	498	60,9
	High	125	15,3
	Total	818	100,0
Sufficiency of leisure	Certainly insufficient	119	14,5
	Insufficient	156	19,1
	Normal	350	42,8
	Sufficient	124	15,2
	Certainly sufficient	69	8,4
	Total	818	100,0
Were you infected by the Covid-19?	Yes	148	18,1
	No	670	81,9
	Total	818	100,0
Were any friends or relatives of you infected with the Covid-19?	Yes	515	63,0
	No	303	37,0
	Total	818	100,0

As seen in Table 2, 54.5% of the participants were women, 45.4% were in the 17-20 age groups, 35.1% were 1st-grade students, 60.9% had a moderate level of welfare, 42.8% of them had normal free time, 81.9% were not infected with the COVID-19, and 63% had friends or relatives in their inner circle who were infected with the COVID-19.

Table 3. Distribution of Participants' Recreational Awareness and Quality of Life Scores of the COVID-19 Pandemic by Gender

Sub-dimensions	Variables	Mean Rank	Mean	Z	p
RAS 1 (Pleasure-Entertainment)	Female	400,01	3,2838	-1,09	,275
	Male	382,39			
RAS 2 (Social-Success)	Female	397,73	3,3073	-,984	,325
	Male	381,84			
RAS 3 (Self-improvement)	Female	396,48	3,3286	-,880	,379
	Male	382,30			
RAS (Total)	Female	399,31	3,2999	-,922	,357
	Male	384,36			
EPQLS 1 (Psychological Effect)	Female	415,60	2,2202	-3,62	,000
	Male	357,05			
EPQLS 2 (Social Effect)	Female	396,37	2,3740	-1,41	,157
	Male	373,72			
EPQLS 3 (Professional Effect)	Female	410,63	2,2984	-3,37	,001
	Male	356,69			
EPQLS 4 (Familial Effect)	Female	385,23	2,5310	-,106	,916
	Male	386,92			
EPQLS (Total)	Female	408,12	2,3372	-2,53	,011
	Male	367,20			

According to the Mann-Whitney U test results in Table 3, it was determined that there was no significant difference between the genders of the participants and their Recreational Awareness levels in all sub-dimensions and total scores, but there was a significant difference according to the psychological effect and professional effect and the total score of the scale. ($p < 0.05$).

Table 4. Distribution of Participants' Recreational Awareness and Quality of Life Scores According to the Variable of Being Infected with the COVID 19

Sub-dimensions	Variables	Mean Rank	Mean	Z	p
RAS 1 (Pleasure-Entertainment)	Yes	323,89	3,2838	-3,97	,000
	No	406,96			
RAS 2 (Social-Success)	Yes	326,44	3,3073	-3,74	,000
	No	404,63			
RAS 3 (Self-improvement)	Yes	325,93	3,3286	-3,73	,000
	No	404,04			
RAS (Total)	Yes	326,68	3,2999	-3,81	,000
	No	406,93			
EPQLS 1 (Psychological Effect)	Yes	439,74	2,2202	-2,97	,003
	No	377,75			
EPQLS 2 (Social Effect)	Yes	401,27	2,3740	-,905	,365
	No	382,58			
EPQLS 3 (Professional Effect)	Yes	411,69	2,2984	-1,52	,127
	No	380,25			
EPQLS 4 (Familial Effect)	Yes	346,95	2,5310	-2,31	,021
	No	394,74			
EPQLS (Total)	Yes	411,42	2,3372	-1,28	,200
	No	384,65			

According to the Mann-Whitney U test results in Table 4, there was a significant difference in all sub-dimensions and total scores between the variables of being infected with the COVID 19 s and the levels of Recreational Awareness of the participants. On the other hand, it was determined that there was a significant difference according to the scores of the sub-dimensions of Psychological effect and Familial Effect ($p < 0.05$).

Table 5. Distribution of Participants' Recreational Awareness and Quality of Life Scores of by Age

Sub-dimensions	Variables	Mean Rank	Mean	X2	p
RAS 1 (Pleasure-Entertainment)	17-20	392,78	3,2838	2,31	,314
	21-25	400,37			
	26 and over	361,41			
RAS 2 (Social-Success)	17-20	385,65	3,3073	4,68	,096
	21-25	406,85			
	26 and over	353,11			
RAS 3 (Self-improvement)	17-20	388,42	3,3286	5,13	,077
	21-25	404,67			
	26 and over	346,95			
RAS (Total)	17-20	388,93	3,2999	3,86	,145
	21-25	406,86			
	26 and over	357,22			
EPQLS 1 (Psychological Effect)	17-20	416,05	2,2202	10,74	,005
	21-25	374,68			
	26 and over	342,09			
EPQLS 2 (Social Effect)	17-20	408,76	2,3740	9,67	,008
	21-25	378,32			
	26 and over	332,98			
EPQLS 3 (Professional Effect)	17-20	415,79	2,2984	12,86	,002
	21-25	369,36			
	26 and over	337,63			
EPQLS 4 (Familial Effect)	17-20	387,96	2,5310	14,10	,001
	21-25	406,56			
	26 and over	311,10			
EPQLS (Total)	17-20	412,52	2,3372	12,89	,002
	21-25	385,72			
	26 and over	321,21			

According to the Kruskal-Wallis test in Table 5, it was determined that there was no significant difference between the ages of the participants and their Recreational Awareness levels in all sub-dimensions and total scores, but there was a significant difference in all sub-dimensions and total score of the EPQLS ($p < 0.05$).

Table 6. Distribution of Participants' Recreational Awareness and Quality of Life Scores of by Level of Welfare

Sub-dimensions	Variables	Mean Rank	Mean	X ²	P
RAS 1 (Pleasure-Entertainment)	Low	389,97	3,2838	2,04	,360
	Moderate	399,29			
	High	366,80			
RAS 2 (Social-Success)	Low	384,04	3,3073	2,42	,298
	Moderate	399,50			
	High	365,39			
RAS 3 (Self-improvement)	Low	377,47	3,3286	3,79	,150
	Moderate	402,06			
	High	362,41			
RAS (Total)	Low	383,99	3,2999	2,78	,248
	Moderate	402,49			
	High	366,65			
EPQLS 1 (Psychological Effect)	Low	480,62	2,2202	40,91	.000
	Moderate	359,55			
	High	362,61			
EPQLS 2 (Social Effect)	Low	462,39	2,3740	29,59	,000
	Moderate	366,30			
	High	344,99			
EPQLS 3 (Professional Effect)	Low	479,84	2,2984	42,99	,000
	Moderate	357,43			
	High	355,31			
EPQLS 4 (Familial Effect)	Low	408,32	2,5310	17,37	,000
	Moderate	396,82			
	High	308,39			
EPQLS (Total)	Low	470,51	2,3372	34,25	,000
	Moderate	371,32			
	High	335,13			

According to the Kruskal-Wallis test in Table 6, it was determined that there was no significant difference in all sub-dimensions and total scores between the level of welfare of the participants and their Recreational Awareness levels, but there was a significant difference in all sub-dimensions and the total score of the EPQLS. ($p < 0.05$).

Table 7. Results of Correlation Analysis of Recreational Awareness and Quality of Life Scales

		RAS 1	RAS 2	RAS 3	RAS T	EPQLS 1	EPQLS 2	EPQLS 3	EPQLS 4	EPQLS T
RAS 1	R	1,000								
	p	.								
	N	783								
RAS 2	R	,955**	1,000							
	p	,000	.							
	N	780	780							
RAS 3	R	,946**	,977**	1,000						
	p	,000	,000	.						
	N	778	778	779						
RAS T	R	,974**	,993**	,987**	1,000					
	p	,000	,000	,000	.					
	N	783	780	779	784					
EPQLS 1	R	,199**	,179**	,184**	,183**	1,000				
	p	,000	,000	,000	,000					
	N	767	765	763	767	777				
EPQLS 2	R	,302**	,283**	,284**	,286**	,757**	1,000			
	p	,000	,000	,000	,000	,000				
	N	763	763	761	763	771	771			
EPQLS 3	R	,198**	,184**	,190**	,186**	,813**	,768**	1,000		
	p	,000	,000	,000	,000	,000	,000			
	N	763	763	762	764	770	769	771		
EPQLS 4	R	,382**	,383**	,384**	,385**	,472**	,565**	,424**	1,000	
	p	,000	,000	,000	,000	,000	,000	,000		
	N	763	763	762	764	770	769	771	771	
EPQLS T	R	,314**	,299**	,304**	,303**	,921**	,860**	,844**	,733**	1,000
	p	,000	,000	,000	,000	,000	,000	,000	,000	.
	N	767	765	764	768	777	771	771	771	778

P=0.01

As a result of the correlation analysis, it was determined that there was a positive relationship between Recreational Awareness and the Quality of Life Scores.

DISCUSSION AND CONCLUSION

In this study, which was designed to examine the effect of Covid-19 on quality of life of university students and their recreational awareness in terms of various demographic factors during the pandemic, no significant difference was found between the genders of the participants and their recreational awareness levels, while the effect of the Covid-19 pandemic on quality of life significantly differentiated in terms of "Psychological Effect" and "Professional Effect". Female participants were more affected sychologically and professionally than male participants. In the study conducted by Üstün and

Aktaş Üstün (24), no significant relationship was found between the gender variable and recreational awareness levels. In a study conducted by Browning et al. (25) on university students to determine the psychological effects of the Covid-19, it was determined that female participants were psychologically affected by the Covid-19 more than male participants. According to the study conducted by Kalaylıoğlu (26), the professional negative effects of the pandemic are felt more in women than in men. It is suggested that this is not only due to gender but also due to traumas experienced by individuals both during the pandemic and in previous periods, negative living conditions, and the stress they are exposed to during the pandemic.

It was revealed that the variable of being infected with the Covid-19 and the level of

recreational awareness differentiated in all sub-dimensions and that individuals who were not infected had higher recreational awareness. It is suggested that this may be due to the fact that individuals infected with the Covid-19 are less in number than individuals who were not infected. In addition, significant differences were found between the "psychological effect" and "Familial Effect" sub-dimensions and the variable of being infected with the Covid-19. Individuals infected with the Covid-19 were affected psychologically more than individuals who were not infected with the Covid-19 and the "Familial Effect" sub-dimension was higher in individuals who were not infected with the Covid-19. This may arise from fear, anxiety, uncertainty, confusion, and symptoms or side effects of the disease experienced by individuals who were infected. One may also notice that as a result of the support of individuals from their families during both the infection and the treatment process and that the family solidarity brought about increased commitment within the family. In a study conducted by Ergül and Yılmaz (27), it was determined that the Covid-19 pandemic increased family interaction. In the study conducted by Moradi et al. (28) on individuals infected with the Covid-19, it was determined that patients were psychologically affected by this process.

While no significant difference was found between age and recreational awareness levels, a significant difference was found in all sub-dimensions of the Effect of the Covid-19 on Quality of Life. Yılmaz (29) reported that recreational awareness levels do not show any difference in terms of age. Çar et al. (30) attempted to determine physiotherapist candidates' awareness in sports, concluding that the level of awareness did not differ significantly in terms of age. Kılıçman (31) reported differences between all sub-dimensions of recreational awareness and age. This result is not in line with the findings of this study. In addition, it was determined that individuals between the ages of 17 and 20 were affected more psychologically, socially, and professionally than individuals in other age groups during the pandemic process. It was also revealed that individuals between the ages of 21-24 show an increase in family relationships compared to other age groups. In the first days of the pandemic and in the following processes, some restrictions were implemented to keep the pandemic under control and to protect public health. Some of these restrictions were the lockdown for those aged

20 and under with some exceptions then for his age group to go out between certain hours, and closure of some socialization spaces for young due to the pandemic This may arise from the de-socialization of individuals aged 20 and under as a result of restrictions, causing psychological effects, and from business-related factors. Chaturvedi et al. (32) examined the impact of the Covid-19 on students' education, social life, and psychology, concluding that the pandemic affected students' mental health, education, and daily routine activities. Apart from this, there are various studies finding that young people and students were negatively affected by the Covid-19 (33,34).

There was no significant difference between the level of welfare of the participants and their recreational awareness levels. The participants with moderate levels of income had higher recreational awareness levels than the other participants. This may arise from the higher number of individuals with moderate income in the sample group. Uyar (35) reported that the level of awareness in sport differed significantly according to the income level and that the awareness levels of individuals with high-income levels were higher. According to a study conducted by Piercy et al. (36), it was determined that the level of physical activity awareness increased as the income level of the participants increased. According to a study conducted by Corder et al. (37) who examined parental awareness of physical activities in children, it was determined that individuals with high-income levels have more awareness of physical activity than other income groups. Ergül et al. (27) reported that the awareness levels of the students increased as their income increased. It was also determined that the Effect of the Covid-19 on Quality of Life of the welfare level variable differentiated in all sub-dimensions.

It was determined that individuals with low-income levels were adversely affected by the pandemic psychologically, socially, and professionally compared to individuals with other income levels. Family relationships of low-income individuals developed positively compared to individuals in other income groups. The Covid-19 pandemic has weakened the economic power of both individuals and countries in general. For example, according to a study conducted by Bayar et al. (38), the pandemic has negatively affected income distribution. It was also revealed that the decreases in income levels differed according to the income

groups and that the individuals in the high-income group experience less income loss proportionally, but the income loss was higher in the low-income individuals. The main factors could be the economic difficulties of low-income individuals during the pandemic, the limited opportunities compared to other income groups, and the decrease in job opportunities. It can be said that the Familial Effect may have increased the solidarity of the individuals struggling with these and similar problems during the pandemic with their family members. Pieh et al. (39) examined the effect of the Covid-19 pandemic on depression and anxiety, concluding that the pandemic had an effect on stress and various psychological problems in low-income individuals. According to a study conducted by Shevlin et al. (40), it was revealed that individuals with low-income showed more depression and anxiety symptoms during the pandemic compared to other income groups. According to a study conducted by Rodríguez et al. (41), the perceived stress level during the pandemic was worse for individuals with low income and as the income level increases, the stress level decreases and stress management is easier.

A positive and significant relationship was found between recreational awareness and the effect of the Covid-19 on quality of life. According to a study conducted by Kasapoğlu (42), it was determined that the Covid-19 fear had a significant relationship with the sub-dimensions of transcendence, harmony with nature, and anomie, which are sub-dimensions of mental well-being. According to another study conducted by Duman (43), it was revealed that there was a significant relationship between the Covid-19 fear and the levels of intolerance of uncertainty. According to a study conducted by Kement and Demirci (44), it was determined that there was a significant relationship between environmentally friendly recreational behaviour and ecological awareness.

As a result, the recreational awareness level of the participants showed no significant difference in terms of gender, age, and level of welfare variables while a significant difference was found only in the variable of being infected with the Covid-19. There were significant differences between the effect of the Covid-19 pandemic on quality of life and gender, age, level of welfare, and being infected with the Covid-19. It should be emphasised and taken into consideration that university students are negatively affected by the pandemic in psychological, social,

and professional terms. Therefore, measures to be taken should be providing various pieces of training to ensure the psychological recovery of individuals, making educational interventions both socially and individually to increase the empathy levels and awareness levels of groups at risk, facilitating individual psychological counselling processes, creating guiding seminars and online courses that can contribute to the development of university students in a professional sense. It is also recommended that this study be carried out on wider sample groups and revised by choosing comparative and mixed methods.

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