



RESEARCH ARTICLE

Investigation of Attitudes towards Leisure Satisfaction of Individuals Attending Fitness Centers

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Abstract

This study was conducted to determine the attitudes of individuals attending fitness centers in Muş province towards leisure satisfaction in terms of some variables. The research is a mixed design research in which both quantitative and qualitative data are collected together. The margin of error was accepted as 0.05. Data were analyzed using descriptive statistical methods (percentage/frequency) as well as Mann Whitney-U Test and Kruskal Wallis-H tests. Furthermore, the Mann Whitney-U Test was used to determine between which groups the significant difference arose from the results obtained from the Kruskal Wallis-H Test. While the population of the research consists of individuals who attend fitness centers in Muş province in Turkey, the sample group consists of 227 people who voluntarily participated in our study and were selected by the random sampling method. Accordingly, it is determined that the scores of the physiological and psychological subscales of the leisure satisfaction scale demonstrate a statistically significant difference according to the employment status variable ($p < 0.05$) but the scores of the recreational, social, educational, and aesthetic subscales do not create a statistically significant difference according to the employment status variable ($p < 0.05$). Based on the results of the study, it was determined that there was no significant difference in terms of the age, gender, educational status, and leisure duration variables of the participants, while the scores of physiological and psychological subscales created a statistically significant difference in terms of the employment status variable. In conclusion, it is important to conduct these and similar studies on a regional or national scale in terms of determining the attitude towards fitness centers.

Keywords

Fitness, Recreation, Satisfaction, Attitude

INTRODUCTION

Human beings have made some efforts to measure and count time to describe it. Although there are some debates about time, time, which is a very old concept, is briefly described as hours, days, or weeks (Karaküçük & Gürbüz, 2007). Simit (1998) defined time as the process of events coming one after another from the past to the present and one day to the future and continuing without stopping outside the will and control of human beings. Another definition of time was made by Sucu (1996). Sucu defines time as a

concept that has no beginning and no end, and that defines what will occur after this time in the minds of people. Researchers in the literature underlined the significance of managing time properly and efficiently. In a study, it was stated that not only time itself but also the effective and efficient use of time is of great importance (Çiftçi and Özavcı, 2023) In developed countries, it has become a requirement of the working environment and welfare level to reduce working hours and increase leisure. Time to work and time outside work should complement each other and be in balance. Aristotle defined what should be done with the

Received: 11 September 2023 ; Accepted: 17 October 2023; Online Published: 25 October 2023

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How to cite this article: Aksu, A. And Tanoğlu, G. (2023) Investigation of Attitudes towards Leisure Satisfaction of Individuals Attending Fitness Centers. *Int J Disabil Sports Health Sci*;2023;Special Issue 1:380-391. <https://doi.org/10.33438/ijdshs.1358789>

time not spent working as follows: "Surely, we are not to spend all our leisure in play because then having fun would be the purpose of life. For those who are engaged in serious work, recreation is essential, while those who work need to rest. The act of rest is entertaining. Our leisure gives both those who work and those who do not work the pleasure and happiness of life" (Koçer, 1980).

Various disciplines related to leisure have defined the concept of leisure in different ways in terms of the way it is applied and handled. Sociologists have defined leisure as the period in which individuals renew themselves, while sports scientists have defined leisure as the time spent on an activity during the time left over from non-work time. Concepts related to leisure have been subjected to a shift in meaning according to the gigantic industrial planning and capitalist order and it has been determined that it has gained new meanings (Argan, 2007). Capitalist civilization wants to increase the productivity to be obtained from the individual by enabling employees who are tired and fed up during working time to recover by resting and enjoying themselves outside of working time. In this case, leisure is seen as a commodity for the capitalist order. In the early periods, the concept of leisure was not welcomed by the capitalists, but later they made an effort to turn leisure into a market because it became a market where people could consume the products produced in leisure (Aytaç, 2005).

Nowadays, the desire and importance of participating in leisure activities are rapidly increasing. Active use of free time has become a part of our lifestyle. Therefore, it is of great importance to inculcate this habit in the young generation (Tel et al. 2020). The concept of leisure has been seen as a field of activity defined by a number of value expressions from the past to the present. While leisure was valued in ancient times as a time to fulfill philosophical and religious needs in the Middle Ages. In today's world, with the influence of capitalism, leisure was first seen as worthless and neglected as a reward for physical work while later, due to the economic crisis that occurred, leisure was defined as additional time that positively affects work. In addition to this, leisure has been sanctified as a time that one should make an effort to earn. For this reason, industrialization has turned the concept of leisure into a dimension that includes all classes of society (Bahadır, 2016).

Some of the stressful and boring situations brought about by this age, such as intense, tiring work life and city life, can wear people out. As a result, human beings lead an unhealthy life in many respects. On the other hand, reasons such as fewer working hours as a result of industrialization have contributed to the more effective use of leisure. More efficient use of leisure has led to the formation of mentally healthy individuals (Passmore and French, 2001). Recreation, which is associated with action and movement, is defined with words such as exhibiting activities in leisure, contentment, feeling good, and enjoyment (Torkildsen & Taylor, 2012). Another view on recreation belongs to Torkildsen (1998). Torkildsen stated that recreation involves emotionality rather than action and that it is not only an experience related to movement but also an inner experience.

The word fitness derives from the word fit, which means that the body is measured and healthy. The word fitness has settled in our language as physical fitness. Having a fit body means having a healthy muscle and bone system and also represents living a healthier life (Uz, 2015). Fitness is a very important factor for maintaining a high level of health and a fit life. Physical fitness carries individual responsibilities, protects people against injuries, ensures physical health, and improves mental health. However, over-emphasis on one's physical appearance can have consequences that negatively affect one's emotional, environmental, professional, or intellectual qualities. In fact, being fit is part of being physically healthy. People who are physically fit are also emotionally, socially, or professionally fit (Özer, 2001).

Organizations established by private and legal, voluntary, and public units that are equipped to implement several sports activities in a planned manner to meet the movement and some social needs of the society are called sports enterprises (Ramazanoğlu & Öcalan, 2005). Human beings need movement and to meet this need for movement, they continue to operate by employing people in a unique application hierarchy through several trainers. Those who provide this service use the unique data of their users and aim to match which sports activity will be more suitable. Private gyms cater to very different groups of people regardless of age. However, due to their unique capabilities, private gyms can transform into

different forms of management (Ekinçi & İmamoğlu, 2002).

In gyms where user experience is very important, businesses have to ensure the satisfaction of users. The functioning of fitness centers is important considering that the satisfied user will come again. Therefore, the service program is very important. The expectations and demands of users impose fitness centers to be the best and strive for perfection. The reasons why people join a gym may vary. Some people go to relieve stress, some to lose weight, some to lead a healthier life and some to have a different social environment (Akdeniz, 2004). Regular fitness activity increases muscle strength, increases fat burning, increases metabolic rate, provides regular sleep, supports the cardiovascular system and bone muscle tissue, reduces the risk of heart attack in the long term, and may play a role in the prevention of diabetes. In addition to the physical benefits of exercise, it is also known to have mental benefits. For example, fitness is known to help lower anxiety levels and prevent depression. Staying active reduces the risk of obesity. Active life supports a healthy life and is supportive in reducing diseases and preventing chronic health problems (Koruç & Arsan, 2009). This study was conducted to determine the attitudes of individuals attending fitness centers in Muş province toward their leisure satisfaction. Thus, it is planned to describe the attitudes of individuals in Muş province towards leisure time.

MATERIALS AND METHODS

This study aims to examine the satisfaction levels of individuals registered in fitness centers in Muş province in Turkey in terms of several variables.

The following research questions were designed in line with the aim of this study.

1. At what level are the satisfaction levels of individuals who go to fitness centers in Muş province regarding leisure?
2. Between levels of satisfaction with leisure, what are the effects of the following variables?
 - a. Gender
 - b. Age
 - c. Education Status

Research Model

This study, which examines the leisure satisfaction levels of individuals who go to fitness centers in terms of some variables, is shaped by quantitative and qualitative research design.

While the population of this study consists of individuals who go to fitness centers in Muş province, the sample group consists of 229 participants who go to fitness centers in Muş province, who voluntarily participated in our study and were selected by random method. Of the participants in our study, 102 were female and 127 were male.

Data Collection Tools

A 6-question form including socio-demographic characteristics and the leisure satisfaction scale developed by Vapur, M. & Sevin, H.D. (2021) were used for the participants who agreed to participate in the study. This scale is a 5-point Likert scale and the points that can be obtained from the scale scoring are minimum 22 and maximum 110 points. Scoring on the scale is as follows: 1: Almost never correct, 2: Rarely correct, 3: Sometimes correct, 4: Mostly correct, 5: Almost always correct. This scale has recreational, social, physiological, psychological, educational, and aesthetic subscales. In this study, the internal consistency coefficient of the scale was 0.94.

In addition, the following questions were asked to 15 participants who voluntarily participated in the study to collect qualitative data.

What is the purpose of your participation in fitness centers?

What do you think of when you think of leisure?

Statistical Analysis of Data

This study was analyzed using SPSS 22.0 package software and the margin of error was accepted as 0.05. Data were analyzed using descriptive statistical methods (percentage /frequency). A normality test was performed to test the normality. Non-parametric tests were applied to data that did not show normal distribution. Mann Whitney U Test and Kruskal Wallis-H Test were also used to analyze the data. Furthermore, the Mann Whitney-U Test was used to determine between which groups the significant difference arising from the Kruskal Wallis-H Test result occurred.

RESULTS

Table 1 shows that 44.5% of the participants were female and 55.5% were male. 34.1% of the participants were 39 years and over, 24.5% were 33-38 years old, 15.3% were 15-20 years old, 14.8% were 27-32 years old and 11.4% were 21-26 years old. While 49.8% of the individuals who participated in our study were

self-employed, 22.7% stated that they worked in the private sector, 8.7% in the public sector, and 18.8% stated that they did not work. On the other hand, 31% of the participants had undergraduate degrees, 28.4% were associate degree graduates, 15.7% were primary and secondary education graduates, 14.8% were literate and 10% had postgraduate degrees.

Table 1. Statistical Distribution of Participants According to Demographic Characteristics

Variables	Groups	n	%
Gender	Female	102	44.5
	Male	127	55.5
	Total	229	100.0
Age	15-20	35	15.3
	21-26	26	11.4
	27-32	34	14.8
	33-38	56	24.5
	39 and above	78	34.1
	Total	229	100.0
Daily Leisure	1-2 Hours	55	24.0
	3-4 Hours	64	27.9
	5-6 Hours	58	25.3
	7 Hours and Over	52	22.7
	Total	229	100.0
Employment Status	Unemployed	43	18.8
	Public Employee	20	8.7
	Private Sector	52	22.7
	Self-Employed	114	49.8
	Total	229	100.0
Education Level	Literate	34	14.8
	Primary-Secondary Education	36	15.7
	Associate Degree	65	28.4
	Undergraduate	71	31.0
	Postgraduate	23	10.0
	Total	229	100.0

Table 2. Comparison of Participants' Leisure Satisfaction Scale Scores According to Gender Variable

Variables	Gender	n	Rank Mean	Rank Total	U	p
Rest	Female	102	111.33	11355.50	6102.500	0.45
	Male	127	117.95	14979.50		
	Total	229				
Social	Female	102	112.48	11472.50	6219.500	0.60
	Male	127	117.03	14862.50		
	Total	229				
Physiological	Female	102	117.76	12012.00	6195.500	0.57
	Male	127	112.78	14323.00		
	Total	229				
Psychological	Female	102	117.69	12004.50	6202.500	0.58
	Male	127	112.84	14330.50		
	Total	229				
Educational	Female	102	116.10	11842.50	6364.500	0.82
	Male	127	114.11	14492.50		
	Total	229				
Aesthetics	Female	102	107.94	11010.00	5757.000	0.15
	Male	127	120.67	15325.00		
	Total	229				

When Table 2 is examined, it is determined that the scores of the recreational, social, physiological, psychological, educational, and aesthetic subscales

of the leisure satisfaction scale do not show a statistically significant difference according to the gender variable ($p>0.05$).

Table 3. Comparison of Participants' Leisure Satisfaction Scale Scores According to Age Variable

Variables	Age	n	Rank Mean	X ²	sd	p
Rest	Between 15-20	35	133.83	4.132	4	0.39
	Between 21-26	26	112.79			
	Between 27-32	34	111.12			
	Between 33-38	56	105.64			
	39 and above	78	115.70			
	Total	229				
Social	Between 15-20	35	134.26	4.489	4	0.34
	Between 21-26	26	113.77			
	Between 27-32	34	101.69			
	Between 33-38	56	112.00			
	39 and above	78	114.72			
	Total	229				
Physiological	Between 15-20	35	133.94	4.003	4	0.41
	Between 21-26	26	114.31			
	Between 27-32	34	105.10			
	Between 33-38	56	110.14			
	39 and above	78	114.53			
	Total	229				
Psychological	Between 15-20	35	126.37	2.764	4	0.60
	Between 21-26	26	116.87			
	Between 27-32	34	104.38			
	Between 33-38	56	108.40			
	39 and above	78	118.64			
	Total	229				
Educational	Between 15-20	35	122.76	2.638	4	0.62
	Between 21-26	26	117.75			
	Between 27-32	34	110.06			
	Between 33-38	56	104.51			
	39 and above	78	120.29			
	Total	229				
Aesthetics	Between 15-20	35	108.01	3.576	4	0.47
	Between 21-26	26	99.48			
	Between 27-32	34	121.50			
	Between 33-38	56	111.20			
	39 and above	78	123.21			
	Total	229				

When Table 3 is examined, it is determined that the scores of the recreational, social, physiological, psychological, educational, and aesthetic subscales of the leisure satisfaction scale do not show a statistically significant difference according to the age variable ($p>0.05$).

When Table 4 is examined, it is determined that the scores of the recreational, social, physiological, psychological, educational, and aesthetic subscales of the leisure satisfaction scale do not show a statistically significant difference according to the daily leisure duration variable ($p>0.05$).

Table 4. Comparison of Participants' Leisure Satisfaction Scale Scores According to Daily Leisure Duration Variable

Variables	Daily Leisure	n	Rank Mean	X ²	sd	p
Rest	1-2 Hours	55	128.82	4.135	3	0.25
	3-4 Hours	64	111.53			
	5-6 Hours	58	115.89			
	7 Hours and Over	52	103.66			
	Total	229				
Social	1-2 Hours	55	130.19	5.113	3	0.16
	3-4 Hours	64	105.53			
	5-6 Hours	58	118.15			
	7 Hours and Over	52	107.08			
	Total	229				
Physiological	1-2 Hours	55	130.30	6.175	3	0.10
	3-4 Hours	64	104.26			
	5-6 Hours	58	120.66			
	7 Hours and Over	52	105.72			
	Total	229				
Psychological	1-2 Hours	55	128.02	3.872	3	0.28
	3-4 Hours	64	109.21			
	5-6 Hours	58	117.67			
	7 Hours and Over	52	105.38			
	Total	229				
Educational	1-2 Hours	55	130.59	6.140	3	0.11
	3-4 Hours	64	101.58			
	5-6 Hours	58	118.86			
	7 Hours and Over	52	110.72			
	Total	229				
Aesthetics	1-2 Hours	55	128.84	6.422	3	0.09
	3-4 Hours	64	101.22			
	5-6 Hours	58	122.46			
	7 Hours and Over	52	109.01			
	Total	229				

When Table 5 is examined, it is determined that the scores of the recreational, social, physiological, psychological, educational, and

aesthetic subscales of the leisure satisfaction scale do not show a statistically significant difference according to the education level variable ($p>0.05$).

Table 5. Comparison of Participants' Leisure Satisfaction Scale Scores According to Education Level Variable

Variables	Education Level	n	Rank Mean	X ²	sd	p
Rest	Literate	34	137.57	5.983	4	0.20
	Primary- Secondary Education	36	116.89			
	Associate Degree	65	115.12			
	Undergraduate	71	107.90			
	Postgraduate	23	100.24			
	Total	229				
Social	Literate	34	137.84	9.059	4	0.60
	Primary- Secondary Education	36	124.33			
	Associate Degree	65	108.18			
	Undergraduate	71	113.98			
	Postgraduate	23	89.04			
	Total	229				
Physiological	Literate	34	137.78	7.159	4	0.13
	Primary- Secondary Education	36	121.00			
	Associate Degree	65	114.52			
	Undergraduate	71	107.49			
	Postgraduate	23	96.50			
	Total	229				
Psychological	Literate	34	129.35	5.236	4	0.26
	Primary- Secondary Education	36	126.29			
	Associate Degree	65	109.78			
	Undergraduate	71	113.61			
	Postgraduate	23	95.13			
	Total	229				
Educational	Literate	34	126.15	2.768	4	0.60
	Primary- Secondary Education	36	123.25			
	Associate Degree	65	114.94			
	Undergraduate	71	109.25			
	Postgraduate	23	103.54			
	Total	229				
Aesthetics	Literate	34	110.82	5.897	4	0.21
	Primary- Secondary Education	36	108.38			
	Associate Degree	65	125.90			
	Undergraduate	71	118.57			
	Postgraduate	23	89.72			
	Total	229				

When Table 6 is examined, it is determined that the scores of the physiological and psychological subscales of the leisure satisfaction scale created a statistically significant difference according to the employment status variable

($p < 0.05$), but the scores of the recreational, social, educational and aesthetic subscales do not result in a statistically significant difference according to the employment status variable ($p < 0.05$).

Qualitative Section Findings and Interpretations

Interview technique, one of the qualitative research methods, was used. In the study, the following questions were asked to find out the level of satisfaction and attitudes of individuals towards leisure by going to fitness centers.

1. What is the purpose of your participation in fitness centers?
2. What do you think of when you think of leisure?

Table 7. Distribution by Gender in Qualitative Section

Gender	N	%
Female	6	40
Male	9	60
Total	15	100

When Table 7 is examined, it is seen that 40% of the 15 participants who participated in the qualitative part of the study were female and 60% were male.

Table 8. Distribution by Age in Qualitative Section

Age	N	%
15-20	3	20
21-26	4	26.7
27-32	5	33.3
33-38	2	13.3
39+	1	6.7
Total	15	100

When Table 8 is examined, it is seen that 20% of the 15 participants who participated in the qualitative part of the study were 15-20 years old, 26.7% were 21-26 years old, 33.3% were 27-32 years old, 13.3% were 33-38 years old and 6.7% were 39 and older.

Table 9. Distribution by Education Status in Qualitative Section

Education Status	N	%
Literate	-	-
Primary-Secondary Education	4	26.7
Associate Degree	5	33.3
Undergraduate	5	33.3
Postgraduate	1	6.7
Total	15	100

When Table 9 is examined, it is seen that 26.7% of the 15 participants who participated in the research for the qualitative part have primary-secondary education, 33.3% have undergraduate degrees, 33.3% have associate's degrees and 6.7% have postgraduate education.

Answers to questions

According to Table 10, the answers given to the question "What is the purpose of your participation in fitness centers?" by the individuals who go to fitness centers were examined and as a result, 5 codes belonging to the theme "Reasons for Participation" were created. These codes were formed under the concepts of "Health", "Admiration", "Work", "Muscle Development" and "Strength". What is the purpose of your participation in fitness centers?

Table 10. Findings on the purpose of participation in fitness centers

Theme	Conceptual Codes	n
Reasons for Participation	Health	5
	Admiration	5
	Work	2
	Muscle Development	2
	Strength	1
	Total	15

Participants' responses

- P1.** To look fitter.
- P2.** Maintaining a healthy life.
- P3.** Being liked by people.
- P4.** Drawing attention to myself.
- P5.** To lead a healthy life and to be liked.
- P6.** To be stronger.
- P7.** I came here because my work life is very boring.
- P8.** Develop muscle.
- P9.** I want to make people feel afraid of me.
- P10.** To be healthy.
- P11.** To get rid of the boredom of work life.
- P12.** To look fitter.
- P13.** To lose weight.
- P14.** To look more beautiful for my husband.
- P15.** To be healthy.

According to Table 11, the answers given to the question "What comes to your mind when you think of leisure?" to individuals who go to fitness centers were examined and as a result, 3 codes belonging to the theme of "Leisure" were created. These codes were formed under the concepts of

"Time Away from Work", "Entertainment", and "Time for Sports".

Table 11. Findings on the definition of leisure

Theme	Conceptual Codes	n
Definition of Leisure	Time Away From Work	6
	Entertainment	3
	Time for Sports	6
	Total	15

What do you think of when you think of leisure?

- P1. When I am not working.
- P2. When I do fitness.
- P3. The moment when all kinds of enjoyable activities take place.
- P4. When I go to the gym.
- P5. When I don't go to work.
- P6. Time left over from work.
- P7. When I go to the gym.
- P8. Fun time.
- P9. When I can do what I want.
- P10. When I get off work and rest.
- P11. When I build muscle.
- P12. Out-of-hours time.
- P13. When I go to the gym.
- P14. Time out of work on weekends.
- P15. Time with enjoyable activities.

DISCUSSION

In this study, which was conducted to examine the attitudes of individuals who go to fitness centers in Muş province towards leisure satisfaction in terms of some variables, recreational, social, physiological, psychological, educational, and aesthetic subscales were examined. It was concluded that the scores of the recreational, social, physiological, psychological, educational, and aesthetic subscales of the leisure satisfaction scale did not show a statistically significant difference according to the gender variable. It is thought that the lack of difference in terms of the gender variable is because individuals who go to fitness centers have common concerns, have similar desires, and go to fitness centers for similar purposes. When the literature is examined according to the gender variable, studies that obtained similar or different results from this study were identified. Yiğiter and Yıldız (2018), in the study conducted for the individuals working in the Düzce Police Directorate in terms of determining the factors affecting the attitude towards leisure

and the level of hopelessness, no significant difference was found in all subscales in terms of gender variable. In another study conducted on participants registered in sports and CrossFit halls, it was determined that the fact that the participants were of different genders had no effect on exercise participation and that male and female individuals participating in the study participated for similar reasons (Sagiroglu & Ayar, 2017). Another study that reached a similar result was conducted by Sanin (2019) and the leisure attitudes of university students were examined and no difference was found according to gender. There are studies in the literature with results contrary to our study. In a study investigating the attitudes of people enrolled in health and fitness centers towards leisure, it was concluded that there was a significant difference in cognitive and affective subscales for women (Serdar, 2020). In a similar study conducted by Kaya and Gürbüz (2015), in a study in which the participants were university students, it was concluded that leisure attitude showed a significant difference when analyzed in terms of gender variable. Another study found that there were differences in cognitive and affective subscales in terms of the gender variable in a study in which the participants were individuals receiving services from youth centers in Manisa province in Turkey (Durmaz 2020).

It was determined that the scores of the recreational, social, physiological, psychological, educational, and aesthetic subscales of the leisure satisfaction scale did not show a statistically significant difference according to the age variable. When considered in terms of the age variable, it is thought that the reason for the lack of a significant difference is that individuals who go to fitness centers go to fitness centers with similar goals, passions, and concerns, as in the gender factor.

When similar studies were examined, it was determined that they could not obtain a significant difference in terms of the age variable of leisure attitude. In a study conducted on police personnel, no significant difference was found regarding the age variable (Yıldız & Yiğiter 2018). In another study, it was concluded that there was no significant difference in the leisure attitudes of the participants living in Ankara in terms of the age variable, while no difference was found in the age variable dimension for the participants in London. In a study examining the factors that motivate

participants to exercise in leisure, no difference was found between the dimensions of the age variable in the study investigating the level of individuals' orientation towards recreation activities (Çuhadar et al., 2019). In a similar study in which the participants were university students and their attitudes were examined, it was found that the difference between the age dimension and leisure attitude was not significant (Akyüz & Türkmen, 2016).

It was concluded that the difference was not statistically significant when the scores of the recreational, social, physiological, psychological, educational, and aesthetic subscales of the leisure satisfaction scale were evaluated in the dimension of the daily leisure duration variable. It is thought that the reason for this similarity is that individuals who already go to fitness centers do not worry about leisure and can go to fitness centers because they have enough leisure. On the other hand, it is thought that there is no significant difference since the time spent in fitness centers is in parallel with the participants' leisure. When the literature is reviewed, some studies obtained similar or different results from our study. In one of the studies that obtained similar results to our study, when the leisure duration variable and leisure attitude evaluations were examined, no significant difference was found between leisure attitudes in terms of the daily leisure duration variable in the study consisting of Bartın University students (Akyüz & Türkmen, 2016). On the other hand, some studies have reached different results from our study. In the study investigating the leisure attitudes of individuals working in the public or private sector, it was concluded that there was a significant difference between the daily leisure duration variable and leisure attitudes (Korkutata & Özavci, 2022).

It was determined that the scores of the physiological and psychological subscales of the leisure satisfaction scale showed a statistically significant difference according to the employment status variable, but the scores of the rest, social, educational, and aesthetic subscales did not show a statistically significant difference according to the employment status variable. It is thought that the reason for this result is that individuals are more psychologically comfortable whether they are working or not, and physiological needs are met under more favorable conditions. On the other hand, it is thought that the reason why there is no

significant difference in the rest, social, educational, and aesthetic subscales is that the participant individuals can already participate in fitness activities and have reached the necessary satisfaction. When the studies in the literature were examined, no significant difference was found in the study examining the effect of leisure attitudes of individuals working desk jobs on their health perceptions (Lee, 2009).

When the scores of the recreational, social, physiological, psychological, educational, and aesthetic subscales of the leisure satisfaction scale were analyzed with the level of education, it was found that there was no statistically significant difference. It is thought that there is no significant difference because individuals at each education level have different needs, expectations, desires for self-realization, and reasons for participation and attendance in fitness centers. When this result of our study is evaluated, some studies have similar or different results in the literature. In the study conducted by Çuhadar et al. (2019), it was concluded that people with postgraduate education have higher levels of participation in activities related to leisure on behalf of being healthy compared to high school graduates. In another study in which Bartın University students participated, leisure attitudes were examined and it was concluded that there was no significant difference between the educational status variable and leisure attitude in the affective dimension, while the difference was significant in the cognitive and behavioral subscale (Akyüz & Türkmen, 2016). In a study that reached a similar result, it was conducted on behalf of people participating in sports organizations and it was concluded that there was no significant difference in all of the subscales related to attitude towards sports in terms of education level variable (Togo & Öztürk 2020).

The study was conducted only in Muş province, and it is thought that increasing the number of cities to be studied would be more beneficial from a scientific point of view. On the other hand, the low number of participants participating in the study is thought to be directly proportional to the number or quality of fitness centers in Muş. Increasing the quantity and quality of fitness centers in Muş province will contribute to the studies that can be conducted in this field.

Conflict of Interest

No conflict of interest is declared by the authors. In addition, no financial support was received.

Ethics Statement

Ethics Committee approval for this study was obtained from Muş Alparslan University Ethics Committee, meeting no: 5 and decision number no: 49, dated 18.05.2023. In this study, all the rules stated to be followed within the scope of the "Higher Education Institutions Scientific Research and Publication Ethics Directive" were complied with. However, none of the actions specified in the second part of the directive, under the title of "Proceedings Contrary to Scientific Research and Publication Ethics," were carried out.

Author Contribution

AA conceived and designed the study, and conducted the research. Material preparation and data collection were performed by, GT. GT performed the data analysis and statistical interpretation and wrote the results section. The first draft of the manuscript was written by AA and all authors commented on previous versions of the manuscript. All the authors have critically reviewed and approved the final draft and are responsible for the content.

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