

Investigation of the Relationship between Working Women's Leisure Time Attitudes and Leisure Time Satisfaction

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DOI: <https://doi.org/10.38021asbid.1499411>

ORIGINAL ARTICLE

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Abstract

The relationship between working women's leisure attitudes and leisure satisfaction has become an important research topic in modern society. This study aims to examine the leisure time attitudes and satisfaction of working women. The research analyzed the leisure activities of women from various age groups, professions and with different work experiences, their attitudes and the relationship between the satisfactions these activities provide them. The sample of the research consists of 200 female employees living in Kastamonu. The findings show that there is generally no significant difference in values between married and single individuals. It has been determined that relaxation levels, one of the sub-dimensions of the Leisure Time Satisfaction Scale, are higher in the 18-29 age group compared to the 40+ age group and are higher in the group with 1-9 years of professional experience compared to the group with 20 years or more of professional seniority. This study provides important findings to understand these relationships in order to provide guidance for working women to use their free time more efficiently and satisfactorily.

Keywords: Working Women, Leisure Time Attitude, Leisure Time Satisfaction.

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Çalışan Kadınların Serbest Zaman Tutumları ile Serbest Zaman Doyumları Arasındaki İlişkinin İncelenmesi

Öz

Çalışan kadınların serbest zaman tutumları ile serbest zaman doyumları arasındaki ilişki, modern toplumda önemli bir araştırma konusu haline gelmiştir. Bu çalışma, çalışan kadınların serbest zaman tutum ve doyumlarının incelenmesini amaçlamaktadır. Araştırma, çeşitli yaş gruplarından, mesleklerden ve farklı iş deneyimlerine sahip kadınların serbest zaman aktivitelerini, tutumlarını ve bu aktivitelerin kendilerine sağladığı doyumlar arasındaki ilişkiyi analiz etmiştir. Araştırmanın örneklemini Kastamonu ilinde yaşayan 200 kadın çalışan oluşturmaktadır. Bulgular, evli ve bekâr bireyler arasında genel olarak değerlerde belirgin bir fark olmadığı görülmektedir, Serbest Zaman Doyum Ölçeği alt boyutlarından rahatlama düzeylerinin 18-29 yaş grubunda 40+ yaş grubuna kıyasla daha yüksek çıktığı ve 1-9 yıl mesleki kıdeme sahip grupta 20 yıl ve üzeri mesleki kıdeme sahip gruba kıyasla daha yüksek çıktığı tespit edilmiştir. Bu çalışma, çalışan kadınların serbest zamanlarını daha faydalı ve memnun edici bir şekilde kullanmaları için rehberlik sağlamak amacıyla bu ilişkileri anlamaya yönelik önemli bulgular sunmaktadır.

Anahtar kelimeler: Çalışan Kadınlar, Serbest Zaman Tutumu, Serbest Zaman Doyumu.

Received:
12.06.2024

Accepted:
14.08.2024

Online Publishing:
28.09.2024

Introduction

Nowadays, women's participation in the workforce is increasing and this leads to various changes in women's lives. Women's active role in business life pushes the boundaries of traditional gender roles and brings with it the need to balance family, career and personal development. In this search for balance, the role of free time is of great importance. In this context, the aim of the research is to understand the relationship between working women's leisure attitudes and leisure satisfaction. It is thought that the results of the research can provide important clues for both individuals and society in terms of understanding the relationship between working women's leisure attitudes and leisure satisfaction.

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In its most basic sense, leisure time is the period of time that a person can use freely after work, study, sleep and housework (Broadhurst, 2001). With developing technology and changing living conditions, the role of leisure time in the social structure has become undeniably important (Henderson, 2010). The number of studies on leisure time is increasing day by day. One of the main reasons for this is the increased awareness of individuals about the concept of leisure time (Munusturlar, 2017). How to use this time period depends on the individual's own decision and common sense (Boud and Lawson, 2002). The activities that people do to spend their leisure time have become indispensable elements of social life today (Sevil et al., 2012). Today, compared to the past, the leisure time that people have is gradually expanding. While according to European standards, 32% of an 80-year human life is spent as leisure time, this rate is around 40% for urban people in Turkey (Küçüktopuzlu et al., 2003).

Mannell and Kleiber (1997), stated that leisure attitude reflects individuals' willingness to participate in potential leisure time. In the studies carried out, individuals' leisure attitudes; It seems to be related to the individual's lifestyle, education and past experiences (Akgül, 2011). It has been stated that increasing participation in leisure activities that will benefit people's personal

development in their leisure time or enable them to use this time effectively is closely linked to the attitudes learned later towards these activities (Akgül and Gürbüz, 2011).

The individual participates in leisure time activities to feel pleasure and to be satisfied as a result of this pleasure (Çelik, 2011). According to Ardahan and Yerlisu-Lapa (2010), leisure time satisfaction is the individual's ability to acquire new skills, to gain health, entertainment and contentment voluntarily with health, social, cultural, sportive or artistic expectations, without expecting any financial gain, away from external pressures. It is the degree to which one's expectations are met from the activities in which one actively or passively participates in order to renew and gain a sense of happiness.

Many studies have shown that there is a positive relationship between leisure attitude, leisure participation and leisure satisfaction (Freire and Teixeira, 2018; Lysyk et al., 2002; Chen et al., 2011). Havitz and Dimance (1999) stated that as long as individuals' attitudes and satisfaction towards recreational activities continue to be positive, the continuity in their participation behavior will also be positively affected.

It is thought that there is a close relationship between leisure attitude and leisure satisfaction discussed in the research. Chen et al. (2011), concluded that when actively involved in leisure activities, it increases satisfaction and affects it positively. It is seen that the positive effect of this effect both creates a positive effect on the attitude towards leisure activities and has a direct effect on leisure satisfaction. As a result, by keeping the leisure attitude alive in working women, it can be ensured that they continue to reach the level of satisfaction in activities. Thus, it is thought that planning individual behaviors in a way that will ultimately provide pleasure and constantly directing them to those that provide pleasure can contribute to their willingness to participate in activities.

The main purpose of this research is to understand and reveal the potential connections and interactions between these factors by systematically examining the relationship between working women's leisure attitudes and leisure satisfaction.

Materials and Methods

Model of the Research

In this study, a quantitative research method called the relational survey model was preferred. Relational screening model is a research technique applied when a general judgment is desired by examining the relationships of many variables with each other (Büyüköztürk, 2011).

Population and Sample

The population of the research consists of women working in Kastamonu. The data was delivered to the participants via Google form and the research was voluntary. Our sample group consists of 200 female employees living in Kastamonu province, who voluntarily participated in the research by random method.

Data Collection Tools

The form prepared by the researchers and used as a data collection tool consists of three parts. The first section, "Personal Information Form", covers women; it was used to determine age, professional seniority and marital status. In the second part, in order to measure women's leisure attitudes, Teixeira et al. (2013), developed by Önal et al. (2023) "Leisure Time Attitude Scale Short Form" adapted to Turkish by was used. The scale is a 5-point Likert type (1 = Strongly Disagree, 5 = Strongly Agree) and consists of 18 items and includes the sub-dimensions of Cognitive Attitude, Behavioral Attitude and Affective Attitude. In the third section, the "Leisure Time Satisfaction Scale", developed by Beard and Ragheb (1980) and adapted into Turkish by Gökçe and Orhan (2011), was used to measure women's leisure satisfaction. The scale is a 5-point Likert type (1 = Almost Never True, 5 = Almost Always True) and consists of 24 items and includes psychological, educational, sociological, relaxation, physiological and aesthetic sub-dimensions.

Analysis of Data

The data obtained was analyzed using the licensed SPSS 25 package program. Skewness and kurtosis coefficients were used when investigating whether the variables came from a normal distribution, and according to Tabachnik and Fidell (2013), if the skewness and kurtosis values were between -1.50 and +1.50, it was stated that the variables came from a normal distribution. Internal consistency coefficient Cronbach's Alpha test statistic was used for reliability. Reliability coefficient $0.00 \leq \alpha < 0.40$ (not reliable); $0.40 \leq \alpha < 0.60$ (low confidence); it was determined as $0.60 \leq \alpha < 0.80$ (highly reliable) and $0.80 \leq \alpha < 1.00$ (highly reliable) and reliability results were given by taking these coefficients into consideration (Kalaycı, 2008). While examining the differences between groups, t and ANOVA tests were used since the variables came from normal distribution. In case of differences in the ANOVA test, differences were calculated with the Tukey test, taking into account the assumption of homogeneity of variances. Pearson correlation tests were used when examining the relationship between continuous variables. While interpreting the results, 0.05 was used as the significance level; it was stated that there was a significant difference if $p < 0.05$, and that there was no significant difference if $p > 0.05$.

Ethics of Research

During the current research, we acted within the framework of the "Higher Education Institutions Scientific Research and Publication Ethics Directive". This study was carried out with the approval of the Ethics Committee with the decision numbered 01-40 taken at the meeting of Tokat Gaziosmanpaşa University Social and Humanities Research Ethics Committee dated 05.12.2023 and numbered 357944.

Findings

Table 1

Frequency Distribution Table for Socio-Demographic Characteristics

Variable	Category	n	%
Age	18-29	78	39,00
	30-39	68	34,00
	40+	54	27,00
Professional Seniority	1-9 Year	128	64,00
	10-19 Year	41	20,50
	20 Year+	31	15,50
Marital status	Married	114	57,00
	Single	86	43,00

Looking at Table 1, the largest age group is people aged 18-29; this group constitutes 39% of the total participants. The majority of the participants (64%) are in the range of 1-9 years in terms of professional seniority. The majority of participants (57%) are married. Single people constitute another important part of the table with a rate of 43%.

Table 2

Information on Scale Levels

Variable	Average	Min.	Max.	SS	Skewness	Kurtosis	Cronbach's Alpha
Leisure Time Attitude Scale	74,94	52,00	90,00	8,70	-0,069	-0,633	0,914
Cognitive	26,87	14,00	30,00	2,98	-0,682	0,418	0,900
Affective	26,36	16,00	30,00	3,25	-0,279	-0,905	0,931
Behavioral	21,72	13,00	30,00	4,07	0,294	-0,429	0,883
Leisure Time Satisfaction Scale	90,64	61,00	120,00	12,61	-0,063	-0,285	0,940
Psychological	15,12	7,00	20,00	2,68	-0,216	-0,340	0,808
Educational	15,33	8,00	20,00	2,67	-0,334	0,016	0,846
Social	15,00	8,00	20,00	2,47	-0,010	-0,242	0,812
physically	16,78	9,00	20,00	2,53	-0,332	-0,626	0,895

Relaxation	13,38	5,00	20,00	3,01	-0,189	0,048	0,861
Aesthetic	15,04	9,00	20,00	2,28	-0,071	-0,032	0,853

Looking at Table 2, it is seen that the leisure time satisfaction and attitude scale levels come from normal distribution in terms of skewness and kurtosis values of the scale levels and parametric tests will be applied in comparison relationship tests.

When the Cronbach's Alpha values of the scale levels are examined, it is seen that the leisure satisfaction and attitude scale levels are highly reliable.

Table 3
Comparison of LTAS and LTSS Levels According to Marital Status

Variable	Marital status				t test	
	Married		Single		t	p
	Average	SS	Average	SS		
Leisure Time Attitude Scale	74,70	8,53	75,24	8,95	-0,436	0,664
Cognitive	26,89	3,02	26,83	2,94	0,162	0,871
Affective	26,46	3,20	26,22	3,33	0,506	0,614
Behavioral	21,35	4,09	22,20	4,03	-1,459	0,146
Leisure Time Satisfaction Scale	90,19	12,31	91,22	13,04	-0,570	0,569
Psychological	15,18	2,71	15,03	2,65	0,367	0,714
Educational	15,16	2,73	15,55	2,58	-1,020	0,309
Social	14,95	2,49	15,07	2,44	-0,347	0,729
physically	16,81	2,53	16,74	2,55	0,173	0,863
Relaxation	13,19	2,88	13,62	3,19	-0,983	0,327
Aesthetic	14,91	2,14	15,21	2,47	-0,910	0,364

*p<0.05

Looking at Table 3, there is no significant difference between marital statuses in terms of leisure attitude scale and leisure satisfaction scale levels (p>0.05). It appears that there is generally no significant difference in these findings between married and single individuals.

Table 4
Comparison of LTAS and LTSS Levels by Age Groups

Variable	Category	Age		ANOVA		
		Average	SS	F	p	Difference
Leisure Time Attitude Scale	18-29 ⁽¹⁾	75,99	9,45	1,975	0,142	-
	30-39 ⁽²⁾	75,26	8,36			
	40+ ⁽³⁾	73,00	7,77			
Cognitive	18-29 ⁽¹⁾	27,14	2,92	1,103	0,334	-
	30-39 ⁽²⁾	26,94	2,79			
	40+ ⁽³⁾	26,37	3,27			
Affective	18-29 ⁽¹⁾	26,62	3,45	0,93	0,396	-
	30-39 ⁽²⁾	26,46	3,19			
	40+ ⁽³⁾	25,85	3,02			

Behavioral	18-29 ⁽¹⁾	22,23	4,45	2,126	0,122	-
	30-39 ⁽²⁾	21,87	4,02			
	40+ ⁽³⁾	20,78	3,43			
Leisure Time Satisfaction Scale	18-29 ⁽¹⁾	92,72	13,02	2,22	0,091	-
	30-39 ⁽²⁾	90,46	13,55			
	40+ ⁽³⁾	87,85	10,18			
Psychological	18-29 ⁽¹⁾	15,40	2,83	0,807	0,448	-
	30-39 ⁽²⁾	15,03	2,76			
	40+ ⁽³⁾	14,81	2,33			
Educational	18-29 ⁽¹⁾	15,67	2,64	1,323	0,269	-
	30-39 ⁽²⁾	15,26	2,93			
	40+ ⁽³⁾	14,91	2,33			
Social	18-29 ⁽¹⁾	15,38	2,44	1,566	0,212	-
	30-39 ⁽²⁾	14,76	2,76			
	40+ ⁽³⁾	14,74	2,05			
physically	18-29 ⁽¹⁾	17,18	2,67	2,008	0,137	-
	30-39 ⁽²⁾	16,71	2,50			
	40+ ⁽³⁾	16,30	2,30			
Relaxation	18-29 ⁽¹⁾	13,73	3,09	3,617	0,026*	1>3
	30-39 ⁽²⁾	13,71	2,92			
	40+ ⁽³⁾	12,44	2,87			
Aesthetic	18-29 ⁽¹⁾	15,36	2,44	1,585	0,208	-
	30-39 ⁽²⁾	14,99	2,54			
	40+ ⁽³⁾	14,65	1,58			

*p<0.05

Looking at Table 4, there is no significant difference between age groups in terms of leisure attitude scale and leisure satisfaction scale levels (p>0.05). There is a significant difference only in the LTSS relaxation sub-dimension in the 18-29 age group and over 40 age group (p<0.05).

According to this finding, a significant difference was detected between the 18-29 age groups and the 40+ age group only in the relaxation sub-dimension.

Table 5

Comparison of LTAS and LTSS Levels According to Professional Seniority

Variable	Category	Professional Seniority		ANOVA		
		Average	SS	F	p	Difference
Leisure Time Attitude Scale	1-9 Years ⁽¹⁾	75,60	9,21	1,106	0,333	-
	10-19 Years ⁽²⁾	73,44	8,36			
	20 Years + ⁽³⁾	74,16	6,64			
Cognitive	1-9 Years ⁽¹⁾	26,95	3,10	0,267	0,766	-
	10-19 Years ⁽²⁾	26,56	2,74			
	20 Years + ⁽³⁾	26,94	2,85			
Affective	1-9 Years ⁽¹⁾	26,51	3,33	0,396	0,674	-
	10-19 Years ⁽²⁾	26,05	3,38			
	20 Years + ⁽³⁾	26,13	2,73			
Behavioral	1-9 Years ⁽¹⁾	22,15	4,35	2,073	0,129	-
	10-19 Years ⁽²⁾	20,83	3,50			
	20 Years + ⁽³⁾	21,10	3,35			

Leisure Time Satisfaction Scale	1-9 Years ⁽¹⁾	92,07	13,04			
	10-19 Years ⁽²⁾	87,71	12,11	2,38	0,095	-
	20 Years + ⁽³⁾	88,58	10,67			
Psychological	1-9 Years ⁽¹⁾	15,30	2,70			
	10-19 Years ⁽²⁾	14,54	2,68	1,256	0,287	-
	20 Years + ⁽³⁾	15,13	2,54			
Educational	1-9 Years ⁽¹⁾	15,53	2,69			
	10-19 Years ⁽²⁾	14,90	2,91	1,085	0,34	-
	20 Years + ⁽³⁾	15,03	2,17			
Social	1-9 Years ⁽¹⁾	15,20	2,57			
	10-19 Years ⁽²⁾	14,49	2,42	1,391	0,251	-
	20 Years + ⁽³⁾	14,84	2,02			
physically	1-9 Years ⁽¹⁾	16,98	2,51			
	10-19 Years ⁽²⁾	16,29	2,58	1,277	0,281	-
	20 Years + ⁽³⁾	16,58	2,51			
Relaxation	1-9 Years ⁽¹⁾	13,75	3,10			
	10-19 Years ⁽²⁾	12,95	2,59	3,125	0,046*	1>3
	20 Years + ⁽³⁾	12,39	2,95			
Aesthetic	1-9 Years ⁽¹⁾	15,30	2,40			
	10-19 Years ⁽²⁾	14,54	2,21	2,433	0,09	-
	20 Years + ⁽³⁾	14,61	1,67			

*p<0.05

Looking at Table 5, there is no difference between professional seniority groups in terms of leisure attitude scale and leisure satisfaction scale levels (p>0.05). There is a significant difference only in the groups with 1-9 years of experience and those with more than 20 years of experience in terms of the levels of the LTSS relaxation subscale (p<0.05).

According to this finding, no significant difference was found between professional seniority groups in general. However, a significant difference was detected in the relaxation sub-dimension levels between the group with 1-9 years of professional seniority and the group with 20 years or more of professional seniority.

Table 6
Relationship between Scale Levels

Variable	Statistics	Cognitive	Affective	Behavioral	Leisure Time Attitude Scale
Psychological	r	,545**	,563**	,605**	,680**
	p	0,001*	0,001*	0,001*	0,001*
Educational	r	,489**	,544**	,527**	,618**
	p	0,001*	0,001*	0,001*	0,001*
Social	r	,460**	,520**	,433**	,555**
	p	0,001*	0,001*	0,001*	0,001*

physically	r	,636**	,665**	,569**	,733**
	p	0,001*	0,001*	0,001*	0,001*
Relaxation	r	,292**	,214**	,549**	,437**
	p	0,001*	0,001*	0,001*	0,001*
Aesthetic	r	,443**	,473**	,581**	,601**
	p	0,001*	0,001*	0,001*	0,001*
Leisure Time Satisfaction Scale	r	,587**	,607**	,675**	,744**
	p	0,001*	0,001*	0,001*	0,001*

*p<0.05

Looking at Table 6, as the leisure satisfaction scale and sub-dimension levels increase, the leisure attitude scale and sub-dimension levels also increase.

The relationship between leisure satisfaction and the behavioral sub-dimension is higher than the cognitive and affective sub-dimensions.

The relationship between leisure attitude and physical sub-dimension is higher than other leisure satisfaction sub-dimensions.

While the highest relationship is between the general evaluation of leisure satisfaction and leisure attitude scales, the lowest relationship is between relaxation and affective sub-dimension levels.

Discussion and Conclusion

The findings obtained as a result of this study, which was conducted to determine the relationship between working women's leisure attitudes and leisure satisfaction, are discussed and interpreted in this section. As a result of the analysis, it was determined that there was a positive significant relationship between the leisure attitude and leisure satisfaction levels of working women. This means that when the data on one variable increases, the data on the other variable also increases. In other words, when women's leisure attitude levels increase, their leisure satisfaction levels also increase. Önal et al. (2017) in their study; revealed a positive relationship between all sub-dimensions of the leisure attitude scale and its total score. The results of this study overlap with the results of the previous study.

According to the findings, it was determined that the relationship between leisure satisfaction and the LTAS behavioral sub-dimension was higher than the cognitive and affective sub-dimensions. It was revealed that the relationship between leisure attitude and LTSS physical sub-dimension was higher than other sub-dimensions. While the highest relationship was between LTAS and LTSS general evaluation, the lowest relationship was found to be between LTSS relaxation sub-dimension and LTSS affective sub-dimension levels. In the study examining

individuals' leisure attitudes, motivations, leisure participation and leisure satisfaction in order to test the leisure behavior model put forward by Hsieh (1998), in parallel with our findings, it was revealed that the LTAS affective sub-dimension had a positive effect on leisure satisfaction, while the cognitive sub-dimension had a positive effect on leisure time satisfaction. The finding that the sub-dimension has a negative effect does not coincide with our results.

When we look at the participants' leisure time attitude levels, the highest attitude average score is in the "cognitive" sub-dimension and these are respectively; It was determined that it was followed by "affective" and "behavioral" attitude sub-dimensions. Similar to our findings in the study, Kaya and Gürbüz (2015) found the same ranking in their study with 259 university students. Parallel results are found in Akgül (2011), Güngörmüş and Gürbüz (2012), Teixeira and Freire (2013), Cengiz et al. (2018), Karadeniz (2019) and Kara et al. (2019) was also seen in their study. There are also studies in which the average of different sub-dimensions is high. Contrary to the results of the study, Yaşartürk (2016), in his doctoral thesis study conducted with 849 elite level athletes, found that the sub-dimension of leisure attitude with the highest average score was "affective" and this was followed by; it has been determined that "cognitive" and "behavioral" attitudes are followed.

As a result of the study, it was revealed that there was no significant difference between LTAS and age variable. In Gökyürek's (2016) study on individuals participating in dance activities, no significant difference was found between the age of the participants and LTAS. The results of this study are parallel to the results of the study. When the relationship between LTSS and the age variable was examined, a significant difference emerged only in terms of relaxation levels. It was determined that the 18-29 age group had higher relaxation levels compared to the group over 40 years of age. While there was no relationship between age and leisure satisfaction in the study conducted by Yaşartürk (2019); In studies conducted by Gül (2019) and Muzindutsi and Masango (2015), a relationship was found between age and leisure satisfaction. In Öztaş's (2018) study, it was determined that there was a significant relationship only in the "aesthetics" sub-dimension according to the age variable.

According to the findings, it was determined that the main effect of the marital status variable on the LTAS sub-dimensions was not significant and no sub-dimension levels of the participants differed significantly. On the other hand, Cengiz et al. (2018) revealed in their study that the "cognitive" and "behavioral" (high level of single participants) sub-dimension levels of "LTAS" differed significantly according to the marital status variable. Although there was no significant difference according to the marital status variable in our study; it was determined that the average levels of single participants were higher than married participants only in the behavioral

sub-dimension. When looking at the relationship between LTSS and the marital status variable, it was revealed that there was no significant difference. In the study conducted by Gökçe (2008), which contained a parallel result to our study, between married and single participants, no significant difference was detected according to the marital status variable. However, in a study conducted on physical education teachers, Köksal (2019) found that only the "relaxation" sub-dimension levels differed significantly in terms of the "marital status" effect. In this sub-dimension, where a significant difference was detected, it was revealed that the average levels of single participants were higher than the levels of married participants.

As a result of the study, it was not revealed that there was a significant difference between LTAS and professional seniority variable. Kocaer (2018), in his study on physical education teachers and teacher candidates, revealed that as professional seniority increases, leisure time involvement also increases. When looking at the relationship between LTSS and the professional seniority variable, there is a significant difference only in terms of relief levels between groups with 1-9 years of experience and 20 years or more of experience. It was revealed that the group with 1-9 years of professional experience had higher levels of relaxation compared to the group with 20 years or more of professional experience. On the other hand, Erdemli (2019) found that there was no significant relationship between LTSS according to the participants' professional year.

As a result, it has been observed that there is a positive relationship between working women's leisure attitudes and their leisure satisfaction, which shows that using free time more effectively can increase the quality of life of working women. It was observed that the relationship between leisure satisfaction and the LTAS behavioral sub-dimension was higher than the cognitive and affective sub-dimensions, and the relationship between leisure attitude and the LTSS physical sub-dimension was higher than the other sub-dimensions. In addition, it was revealed that the highest relationship was between LTAS and LTSS general evaluation, while the lowest relationship was between LTSS relaxation sub-dimension and LTAS affective sub-dimension levels.

Ethics Committee Permission Information

Ethical evaluation board: Tokat Gaziosmanpaşa University Social and Human Sciences Ethics Committee

Date of the ethical assessment document: 05.12.2023

Issue number of the ethics evaluation document: 01-40

Statement of Researchers' Contribution Rates

Both authors contributed equally at all stages of the research.

Conflict Statement

The authors do not declare any conflicts with the research.

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