

The Relationship of Alexithymia, Decision Making and Psychological Well-Being with Participation in Recreational Activities

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Type: Research Article (Received: 05.08.2024 – Accepted: 26.09.2024)

Abstract

The aim of this study is to examine the relationship between alexithymia, decision making and psychological well-being with individuals' participation in recreational activities. The data used in the study were obtained from a total of 307 individuals who constituted the research group on the principle of volunteerism. The research group was formed on the basis of convenience sampling method. The research was conducted in the survey model. The data used in the study were obtained through Personal Information Form, Toronto Alexithymia Scale, Melbourne Decision Making Scale and Psychological Well-Being Scale. The internal consistency of the responses obtained within the scope of the research was determined by Cronbach's coefficient. All analyses were conducted using the SPSS program. According to the findings it was determined that psychological well-being and careful decision-making style scores differed in favor of individuals who participated in recreational activities, gender and income level were not determinative in terms of the characteristics discussed, and single individuals who did not participate in recreational activities had significantly higher alexithymia scores. On the other hand, it was found, alexithymia had an inverse relationship with self-esteem in decision making, careful decision making and psychological well-being, and psychological well-being had a linear relationship with self-esteem in decision making and careful decision making. As a result, it can be said that participation in recreational activities may positively affect the level of careful decision-making tendency and psychological well-being.

Keywords: Alexithymia, Decision making, Psychological well-being, Recreation

Introduction

The fact that people are aware of their emotions does not always mean that they can express their emotions verbally, and some people or at sometimes people may have problems in expressing their emotions even if they are aware of them. This low level of emotional awareness or difficulty in expressing emotions can negatively affect people's relationships and social interactions with others. These conditions are defined as alexithymia (Way et al. 2007).

Alexithymia is expressed as the difficulty in recognizing emotions and transferring what is felt to the other person and contrary to the perception, it can be seen not only in sick individuals but also in healthy individuals (Koçak, 2003). This situation makes research on alexithymia important. It is known that alexithymia individuals have problems and feel bad because they cannot express their feelings and make sense of their emotions (Muzafferoglu, 2019). These conditions negatively affect people's lives in many areas. It is thought that one of these issues may be decision-making behaviors.

Human life is organized based on decision making. The decision on what to do constitutes the basis of how one's life will continue. This basis makes it important to determine the factors that may be effective on decision making. People differ from each other in terms of dominant decision-making styles. In people, careful decision-making style, which has a tendency to make a decision by considering all possibilities, evaluating alternatives and possible outcomes before making a decision; avoidant decision-making style, which prefers to put the responsibility on others because they will have to take responsibility when they make a decision; procrastinatory decision-making style, which tends to postpone the decision-making action as much as possible without the need for any reason, or hasty decision-making style, which tends to make quick decisions without thinking properly due to the time pressure they feel (Deniz, 2004).

In the literature, there is evidence that individual differences influence decision-making behaviors and alexithymia negatively affects decision-making styles (Bestepe, 2020). These conditions make the relationship between alexithymia and decision making remarkable.

On the other hand, when the literature is examined, there are studies reporting that psychological well-being, which is defined by Ryff (1989) as having the power to strive to establish a balance between life concerns and individual and social interests, is also related to decision-making (Uslu, 2016). It is reported that there is a high-level positive relationship between psychological well-being (Simsek, 2022), which means being aware of one's own limits, having a positive mood by understanding these limits, accepting life conditions and coping with these conditions, and decision-making styles (Uslu, 2016). In addition, it is reported that people with low levels of alexithymia have higher psychological well-being scores than people with high levels of alexithymia (Muzafferoglu, 2019). In this context, in addition to alexithymia, psychological well-being is a concept that should be taken into consideration in research on decision making.

In this study, it was aimed to examine the relationship between alexithymia, decision-making and psychological well-being with participation in recreational activities. It is known that regular physical activities positively affect alexithymia and decision-making styles (Bestepe, 2020). In addition, as psychological well-being levels increase, alexithymia levels decrease. In this context, it is said that feeling psychologically well is an important factor in expressing one's feelings and thoughts (Cobanoglu & Oguzhan, 2023). However, when the relevant literature was examined, it was determined that the evidence for the effect of regular recreational activities on concepts such as alexithymia, decision making, and psychological

well-being was insufficient. Accordingly, this study aims to examine the relationship between alexithymia, decision-making and psychological well-being with individuals' participation in recreational activities. Because recreation, which generally defines all activities that individuals voluntarily undertake in their free time depending on their personal tastes (Nagle, 2005), is becoming a remarkable concept in line with the changing needs and increasing free time of individuals in today's modern societies.

In general, individuals participate in recreational activities (Kılbas, 2001), which are defined as activities in which individuals participate individually or as a group to obtain physical, social and emotional attitudes as well as being happy in a free time period, without feeling any obligation, and the sense of satisfaction they obtain through activities contributes to the physical and spiritual development of individuals (Simsek, 2023). Based on past research results, it is known that recreational activities can be seen as a therapeutic escape from daily pressures and negative effects. It is stated that even just a walking activity can relax individuals physically and mentally, although it does not completely solve a big problem (Tomprowski, 1984). It is stated that recreational activities have an important effect on the development of psychological well-being and efficiently reduce psychological pressures (Shad et al., 2017).

Material and Method

Research Model

It is descriptive research conducted in the survey model aiming to examine the relationship between alexithymia, decision making and psychological well-being with participation in recreational activities.

Data Collection Tools

Toronto Alexithymia Scale: The scale developed by Bagby et al. (1994) and adapted into Turkish by Gulec et al. (2009) consists of twenty questions, three subscales and has a five-point Likert-type assessment. The subscale of difficulty in recognizing emotions consists of seven items, the subscale of difficulty in verbalizing emotions consists of five items, and the subscale of expressive thinking consists of eight items.

Melbourne Decision Making Scale: The scale developed by Mann et al. (1998) and adapted into Turkish by Deniz (2004) consists of two parts. The first part aims to determine the level of self-esteem (self-confidence) in decision making. It is a one-dimensional structure consisting of six items in total. The second part consists of twenty-two items and four decision-making styles aiming to determine dominant decision-making styles. These are careful decision making, avoidant decision making, procrastinatory decision making, panic decision making style. The scale has a triple likert type evaluation.

Psychological Well-Being Scale: The scale developed by Diener et al. (2009) and adapted into Turkish by Telef (2013) consists of eight items. The scale has a seven-point Likert-type evaluation.

Research and Publication Ethics

The research was conducted in accordance with the permission dated 20.05.2024 and numbered 05-714 given by the Ethics Committee Coordination Office of Ankara Yıldırım Beyazıt University Rectorate.

Study Group

The study group consisted of 307 participants, 144 (46.9%) of whom participated in recreational activities and 163 (53.1%) of whom did not participate in recreational activities. Among the participants who participated in recreational activities, 88 (61.1%) were female and 56 (38.9%) were male. Among the participants who did not participate in recreational activities, 98 (60.1%) were female and 65 (39.9%) were male. Detailed descriptive information about the study group is given in Table 1.

Table 1. Descriptive information about the study group

Participated in Recreational Activities n=144			
Description	Variable	n	%
Gender	Female	88	61.1
	Male	56	38.9
Marital Status	Single	121	84.0
	Married	23	16.0
Monthly Income Status	My income is less than my expenditure	42	29.2
	My income equals my expenditure	66	45.8
	My income exceeds my expenditure	36	25.0
Licensed Sports Background	Yes	73	50.7
	No	71	49.3
Weekly Leisure Time	1-3 hours	15	10.4
	4-6 hours	55	38.2
	7-9 hours	26	18.1
	10 hours and above	48	33.3
History of Participation in Recreational Activities	Less than 1 year	48	33.3
	1-2 year	24	16.7
	More than 2 years	72	50.0
Frequency of Participation in Recreational Activities	1 per week	50	34.7
	2-3 times a week	61	42.4
	4 or more per week	33	22.9
Not Participating in Recreational Activities n=163			
Description	Variable	n	%
Gender	Female	98	60.1
	Male	65	39.9
Marital Status	Single	121	74.2
	Married	42	25.8
Monthly Income Status	My income is less than my expenditure	48	29.4
	My income equals my expenses	77	47.2
	My income exceeds my expenditure	38	23.3
Licensed Sports Background	Yes	49	30.1
	No	114	69.9
Weekly Leisure Time	1-3 hours	26	16.0
	4-6 hours	50	30.7
	7-9 hours	43	26.4
	10 hours and above	44	27.0

Analyzing the Data

Firstly, the internal consistency of the responses obtained within the scope of the research was determined by Cronbach Alpha coefficient ($C\alpha$). After it was determined that the responses could be used in the analyses, graphs, skewness and kurtosis values were examined to evaluate the distribution of the responses and it was evaluated that the data showed normal

distribution. In order to express the data used in the study and the characteristics of the study group, mean, frequency and percentage values were presented (Table 2). The dominant decision-making style (careful decision-making) of the study group was determined. For statistical comparisons, independent groups t-test and one-way variance analysis were performed, and Pearson correlation coefficient was calculated. All analyses were performed using the SPSS 22 programmed, subject to a significance level of "p<.05".

Table 2. Some descriptive information about the responses

Participated in Recreational Activities n=144					
Dimension	Mean	Sd	Skewness	Kurtosis	Cra
Alexithymia	2.47	.479	.098	-.176	.799
Psychological Well-Being	5.63	.937	-1.22	1.89	.863
Decision Making Self-Esteem	1.48	.399	-.642	.401	.731
Vigilance	1.62	.353	-.727	-.617	.716
Buck Passing	.731	.471	.642	-.313	.777
Procrastination	.804	.506	.371	-.485	.765
Hypervigilance	.801	.504	.358	-.227	.778
Not Participating in Recreational Activities n=163					
Dimension	Mean	Sd	Skewness	Kurtosis	Cra
Alexithymia	2.56	.527	.295	-.163	.813
Psychological Well-Being	5.28	1.05	-.818	.389	.872
Decision Making Self-Esteem	1.46	.426	-.559	-.668	.732
Vigilance	1.53	.416	-.741	-.075	.792
Buck Passing	.701	.462	.561	.081	.780
Procrastination	.811	.484	.190	-.691	.722
Hypervigilance	.811	.496	.306	-.501	.750
Study Group n=307					
Dimension	Mean	Sd	Skewness	Kurtosis	Cra
Alexithymia	2.52	.506	.237	-.117	.807
Psychological Well-Being	5.45	1.01	-.987	.866	.872
Decision Making Self-Esteem	1.47	.413	-.598	-.479	.758
Vigilance	1.57	.390	-.781	-.097	.766
Buck Passing	.715	.466	.598	-.120	.778
Procrastination	.808	.493	.235	-.596	.741
Hypervigilance	.806	.499	.329	-.383	.739

Findings

Table 3. Comparison results in terms of participation in recreational activities

Dimension	Recreational Activities	n	Mean	Sd	t	p
Alexithymia	Participant	144	2.47	.480	-1.43	.153
	Non-participant	163	2.56	.527		
Psychological Well-Being	Participant	144	5.64	.938	3.13	.002*
	Non-participant	163	5.28	1.05		
Decision Making Self-Esteem	Participant	144	1.48	.399	.592	.554
	Non-participant	163	1.46	.427		
Vigilant Decision-Making Style	Participant	144	1.62	.353	2.08	.039
	Non-participant	163	1.53	.416		

*p<.01

Table 3 shows the t-test results for the comparison of the participants in terms of their participation in recreational activities. When the test results are analyzed, it is seen that the psychological well-being scores of individuals who participate in recreational activities (Mean=5.64, Sd=.938) are significantly higher than those of individuals who do not participate (Mean=5.28, Sd=1.05). On the other hand, it was determined that the individuals who participated and did not participate in recreational activities differed significantly in terms of the careful decision-making style, which is the dominant decision-making style of the study group. According to the results obtained, it was determined that individuals who participated in recreational activities (Mean=1.62, Sd=.353) had higher careful decision-making style scores compared to individuals who did not participate (Mean=1.53, Sd=.416).

Table 4. Comparison results in terms of gender

Participated in Recreational Activities n=144						
Dimension	Gender	n	Mean	Sd	t	p
Alexithymia	Female	88	2.45	.486	-.699	.486
	Male	56	2.51	.471		
Psychological Well-Being	Female	88	5.63	.936	-.049	.961
	Male	56	5.64	.948		
Decision Making Self-Esteem	Female	88	1.45	.404	-1.15	.250
	Male	56	1.53	.390		
Vigilant Decision-Making Style	Female	88	1.63	.363	.459	.647
	Male	56	1.60	.338		
Not Participating in Recreational Activities n=163						
Dimension	Gender	n	Mean	Sd	t	p
Alexithymia	Female	98	2.53	.554	-.708	.480
	Male	65	2.59	.483		
Psychological Well-Being	Female	98	5.37	.972	1.32	.186
	Male	65	5.14	1.15		
Decision Making Self-Esteem	Female	98	1.44	.441	-.491	.624
	Male	65	1.48	.405		
Vigilant Decision-Making Style	Female	98	1.56	.423	1.18	.237
	Male	65	1.48	.403		

Table 4 shows the t-test results for the comparison of the participants in terms of gender variable. When the test results are examined, it is seen that individuals who participate in recreational activities and those who do not participate in recreational activities do not differ in terms of the characteristics discussed in terms of gender variable.

Table 5. Comparison results in terms of marital status variable

Participated in Recreational Activities n=144						
Dimension	Marital Status	n	Mean	Sd	t	p
Alexithymia	Single	121	2.49	.487	1.05	.297
	Married	23	2.38	.437		
Psychological Well-Being	Single	121	5.61	.909	-.825	.416
	Married	23	5.80	1.08		
Decision Making Self-Esteem	Single	121	1.46	.403	-1.55	.131
	Married	23	1.59	.362		
Vigilant Decision-Making Style	Single	121	1.62	.363	-.356	.724

Dimension	Marital Status	n	Mean	Sd	t	p
	Married	23	1.64	.298		
Not Participating in Recreational Activities n=163						
Dimension	Marital Status	n	Mean	Sd	t	p
Alexithymia	Single	121	2.60	.551	2.26	.026*
	Married	42	2.42	.425		
Psychological Well-Being	Single	121	5.28	1.08	.047	.963
	Married	42	5.28	.950		
Decision Making Self-Esteem	Single	121	1.47	.429	.433	.666
	Married	42	1.43	.425		
Vigilant Decision-Making Style	Single	121	1.51	.431	-1.08	.283
	Married	42	1.59	.370		

*p<0.05

Table 5 shows the t-test results for the comparison of the participants in terms of marital status variable. When the test results are examined, it is seen that the individuals who participate in recreational activities in terms of marital status variable do not differ in terms of the characteristics discussed, and the alexithymia scores of single individuals (Mean=2.60, Sd=.551) are higher than married individuals (Mean=2.42, Sd=.425) in individuals who do not participate in recreational activities.

Table 6. Comparison results in terms of income levels

Participated in Recreational Activities n=144						
Dimension	Income Level	n	Mean	Sd	F	p
Alexithymia	My income is less than my expenditure	42	2.53	.458	.430	.651
	My income equals my expenses	66	2.46	.501		
	My income exceeds my expenditure	36	2.44	.471		
Psychological Well-Being	My income is less than my expenditure	42	5.42	1.07	1.720	.183
	My income equals my expenses	66	5.76	.759		
	My income exceeds my expenditure	36	5.67	1.03		
Decision Making Self-Esteem	My income is less than my expenditure	42	1.47	.377	.749	.475
	My income equals my expenses	66	1.52	.388		
	My income exceeds my expenditure	36	1.42	.444		
Vigilant Decision-Making Style	My income is less than my expenditure	42	1.65	.315	.132	.876
	My income equals my expenses	66	1.61	.349		
	My income exceeds my expenditure	36	1.62	.407		
Not Participating in Recreational Activities n=163						
Dimension	Income Level	n	Mean	Sd	F	p
Alexithymia	My income is less than my expenditure	48	2.60	.5234	.504	.605
	My income equals my expenses	77	2.51	.534		
	My income exceeds my expenditure	38	2.59	.523		
Psychological Well-Being	My income is less than my expenditure	48	5.27	.924	.015	.985
	My income equals my expenses	77	5.28	1.08		
	My income exceeds my expenditure	38	5.31	1.16		
Decision Making Self-Esteem	My income is less than my expenditure	48	2.60	.423	.414	.662
	My income equals my expenses	77	2.51	.429		
	My income exceeds my expenditure	38	2.59	.431		
Vigilant Decision-Making Style	My income is less than my expenditure	48	1.53	.472	.009	.991
	My income equals my expenses	77	1.53	.409		
	My income exceeds my expenditure	38	1.54	.364		

In Table 6, the results of one-way variance analysis for the comparison of the participants in terms of income level variable are given. When the results of the analysis are examined, it is seen that the individuals who participate in recreational activities and those who do not participate in recreational activities do not differ in terms of the characteristics discussed in terms of income level variable.

Tablo 7. Correlation analysis results for the relationship

Participated in Recreational Activities n=144			
	Pearson	Alexithymia	Psychological Well-Being
Decision Making Self-Esteem	r	-.465**	.346**
	p	<.001	<.001
Vigilant Decision-Making Style	r	-.332**	.309**
	p	<.001	<.001
Alexithymia	r	1	-.397**
	p		<.001
Not Participating in Recreational Activities n=163			
	Pearson	Alexithymia	Psychological Well-Being
Decision Making Self-Esteem	r	-.368**	.442**
	p	<.001	<.001
Vigilant Decision-Making Style	r	-.168*	.222**
	p	.032	.004
Alexithymia	r	1	-.384**
	p		<.001

* $p < .05$, ** $p < .01$

Table 7 shows the results of the correlation analysis conducted to examine the relationship between the characteristics considered within the scope of the research. When the results of the analyses are examined, it is seen that there is a weak negative correlation between the level of self-esteem in decision making and alexithymia in individuals participating in recreational activities ($r = -.465$), a weak positive correlation between the level of self-esteem in decision making and psychological well-being ($r = .346$), between careful decision-making style and alexithymia at a negative weak level ($r = -.332$), between careful decision-making style and psychological well-being at a positive weak level ($r = .309$), and between alexithymia and psychological well-being at a negative weak level ($r = -.397$).

In individuals who do not engage in recreational activities, there is a negative weak level ($r = -.368$) between the level of self-esteem in decision making and alexithymia, a positive weak level ($r = .442$) between the level of self-esteem in decision making and psychological well-being, a negative weak level ($r = -.168$), there was a statistically significant relationship between careful decision-making style and psychological well-being at a positive weak level ($r = .222$), and there was a statistically significant relationship between alexithymia and psychological well-being at a negative weak level ($r = -.384$).

Discussion and Conclusion

In this study, the relationship between alexithymia, decision making and psychological well-being with individuals' participation in recreational activities was examined. In addition, the relationships of some variables with alexithymia, decision making, and psychological well-being were investigated. In this context, firstly, alexithymia, decision-making and psychological well-being levels were compared according to the variable of participation in recreational activities. According to the results obtained, it was determined that the

participants did not differ in terms of alexithymia and decision-making self-esteem levels according to their participation in recreational activities. In addition, it was determined that the participants' careful decision-making and psychological well-being levels differed significantly in favor of those who participated in recreational activities. Cakto and Akin (2022), who reached different results with the results obtained when the literature was examined, reported that the careful decision scores did not differ significantly according to the variable of doing sports. On the other hand, Nas and Temel (2019) observed that there was a significant difference in the careful decision-making style of coaches according to the variable of doing sports. The fact that the difference in question was in favor of the coaches who do sports, it was concluded that sport is important in decision-making. Yavuz and İlhan (2023) reported that according to the data obtained from university students in their study, a significant difference was observed between the psychological well-being levels of university students who do and do not do sports in favor of those who do sports. Tapsın et al. (2024) concluded that the psychological well-being scores of parents who do sports are significantly higher than those who do not do sports. Basar and Sari (2018) determined that the group who exercised regularly had significantly higher psychological well-being scores than the participants who did not exercise regularly. In the study conducted by Colakoglu and Kural (2022), when the scores of mountaineers from the sub-dimensions of self-esteem and decision-making styles in decision-making were examined; it was determined that the self-esteem of mountaineers in decision-making was above the middle level and their careful decision-making styles were high. It was reported that mountaineers make the necessary preliminary research before deciding at the decision-making stage and make a choice after carefully evaluating the alternatives; in other words, they make careful decisions instead of avoiding decision-making. In addition, Tukul (2020) found that coaches have high self-esteem and careful decision-making styles in decision-making. DiBartolo and Shaffer (2002) found that the psychological well-being scores of athletes were higher than those of non-athletes. Granero-Jiménez et al. (2022) reported that physical activity is directly related to individuals' psychological well-being. When the literature is evaluated holistically, it can be said that it supports our results and regular exercise, sports or recreational activities have positive effects on psychological well-being and decision-making.

Afterwards, alexithymia, decision making, and psychological well-being levels were compared in terms of gender variable. In the results obtained, it was determined that individuals who participated and did not participate in recreational activities in terms of gender variable did not differ in terms of the characteristics discussed. Acici and Cebi (2020) found that there was no significant difference in self-esteem and decision-making styles in volleyball referees' decision-making according to gender variable. Turkcapar and Sabraliyeva (2022) concluded that gender variable is not a determining factor in decision-making levels. On the other hand, unlike the findings obtained, Senel et al. (2023) obtained results that self-esteem scores in decision-making were higher in males than females and panic decision-making scores were higher in females than males according to gender variable. On the other hand, Salleh and Mustaffa (2016), who reached results in parallel with the results obtained, reported that the psychological well-being levels of female and male participants did not differ. The results of Avsar and Guzel Gurbuz (2024) also indicate that the psychological well-being of nature sports participants does not differ in terms of gender variable. Temel and Ulas (2023) also obtained results that the level of psychological well-being did not differ according to the gender of the athletes. Unlike our study findings, İmirlioglu et al. (2021) determined that the psychological well-being levels of female participants were higher than male participants. Like the alexithymia results obtained, Parker et al. (1989) determined that alexithymia was not related to gender. Unal (2004) concluded that there was no relationship

between gender and alexithymia scores in his study conducted with university students. Harms and Barley (2023) also obtained results that alexithymia levels did not differ according to gender. Although limited in number, there are also findings such as Mattila et al. (2006) that alexithymia levels differ in terms of gender. In this context, it is thought that the differences obtained are due to the differences in gender roles and socio-cultural structures of the study groups.

Within the scope of the research, alexithymia, decision making, and psychological well-being levels were also compared in terms of marital status. As a result, it was determined that individuals who participated in recreational activities in terms of marital status variable did not differ in terms of the characteristics discussed, and in individuals who did not participate in recreational activities, single people had higher alexithymia scores compared to married people. Bestepe (2020) determined that alexithymia levels of police officers differed significantly according to marital status variable. It was determined that the alexithymia levels of married police officers were lower than single police officers. Kalaman et al. (2019) reported that alexithymia levels differed significantly according to marital status variable, and alexithymia levels of single individuals were higher than married individuals. Unlike the results obtained, Manfredi and Gambarini (2015) reported that alexithymia levels did not differ according to marital status. In their study, Yerebatan and Mungan Ay (2019) found that self-esteem in decision-making and careful decision-making style scores of basketball referees did not differ statistically significantly according to marital status variable. Unlike the findings obtained, Bestepe (2020) determined that decision-making styles differed significantly according to marital status. He reported that careful decision-making scores differed statistically significantly according to marital status. He reported that the careful decision-making style scores of married people were higher than single people. In one of the studies in parallel with the psychological well-being results obtained, Dündar and Demirli (2018) determined that the psychological well-being scores of the participants did not differ significantly according to marital status. However, Abdel Aziz Gouda and Amin Al Ashqar (2018) found that the psychological well-being scale scores between married and single elderly people differed statistically significantly in favor of married elderly people. When the studies were analyzed, it was seen that different results were obtained. It is thought that the reason for the higher alexithymia scores of single individuals compared to married individuals in individuals who do not participate in recreational activities is that the emotional awareness of single individuals is less than married individuals.

Another result obtained in the study is that alexithymia, decision-making and psychological well-being levels do not differ in terms of income level variable. Similar to the results obtained, Secer et al. (2024) determined that self-esteem in decision-making and careful decision-making styles did not differ significantly according to the income level of the participants. However, Sibka and Duman (2022) determined that alexithymia levels differed according to income level and that people in the lower income range had higher levels of alexithymia than those in the higher income range. Obeid et al. (2021) also reported that low-income participants had significantly higher levels of alexithymia compared to middle-income participants. Like the results of the study, Elmas et al. (2021) found that the level of psychological well-being did not differ depending on the income level. However, Işgor (2017) found that the psychological well-being scores of university students at high economic level were significantly higher than the psychological well-being scores of university students at low economic level. It is seen that different results are obtained in the studies. It is thought that the reason why the individuals who participate and do not participate in recreational

activities do not differ in terms of the income level variable obtained as a result of the research is that the income expectation of the sample group is close to each other.

In the light of the findings obtained within the scope of the research, it was determined that recreational activities are effective on psychological well-being and careful decision-making, and alexithymia has an inverse relationship with psychological well-being and careful decision-making. Based on this information, it can be stated that the alexithymia levels of individuals should also be taken into consideration for the targeted high psychological well-being. Longitudinal research designs can be utilized in future studies. In the case of athletes, the data obtained from elite level athletes can be focused on the comparison of individual and team athletes. In addition, while evaluating the results of the study, it may be useful to consider the limitation that the study group was conducted only on individuals who participated and did not participate in recreational activities in Ankara province.

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