

The Examination of Life Satisfaction Levels of Individuals Practicing Sport at Private Sport Centers

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Abstract

The goal of this study was to measure and evaluate the life satisfaction levels in the individuals doing sport at private sport centers. The search group was made of 75 female, 125 male attendants randomly chosen from the members doing sport regularly at the private sport center called Maximum Fitness Center located in Konya throughout one year.

In this study based on the scanning (survey) method, The Satisfaction with Life Scale (SWLS), which was developed by Diener et al. (1985), whose validity and reliability were performed by Yetim (1993), was used herein. The SPSS 16.0 statistically package program was used to evaluate the data and determine the calculated values. The data were summarized by giving the average and standart deviations. It has been determined that the data did not show a normal distribution; the Mann Whitney U Test was used during the dual league comparisons, the Kruskal Walliz H Test was used during the multiple comparisons of data. The error level was regarded as 0.05 in this study.

In the results of the research, while evaluating the life satisfaction levels of the individuals doing sport at private sport centers due to the gender parameter, a statistically meaningful difference was observed in favour of married members. While a statistically meaningful difference was not found in the life satisfaction levels of the members attending in the survey in accordance with the education and age parameters, it was seen that the members with an income of 1000 TL and over had a higher life satisfaction level than the members with an income of 1000 TL and below in accordance with the income parameter.

Keywords: Life Satisfaction, Sport, Exercise

Introduction

Sport can be described as; technical and physical efforts which address athletes to win, an aesthetical process based on competition in terms of spectators, a mirror which reflects society's conflicts and properties in terms of society and an influential purpose which can be directed (Polat 2014). Since sport primarily addresses to the human element more than everything, with the purpose of creating a healthy and highly productive society, growing a constructive, healthy and productive youth who will look trustfully upon the future or with the quality of being a device which can be used against social disintegration and alienation, it is an obvious reality that nowadays sport has come to a point of an effective and indispensable social phenomenon (Gezer 2014).

The importance of sport centers is great, owing to these centers, the social role of sport has come into prominence in social life, sport has integrated with society and it has had a flexible structure (Yıldırım 2014). There are a lot of factors influencing sport consumers to attend the physical activities in these centers. The researches show that physical (being healthy, losing weight, etc.), social (having friendship, being involved in a group etc.), emotional (being happy, seeming cool, struggling etc.), psychological (keeping away from stress and anxiety, energy excretion, etc.) needs affect the active participation in physical activities (Katırcı 2011).

Sport services which are one of the most important sectors of economy and served to customers in a wide range of organizations whether intending profit or not, directly or indirectly affect people physiologically, psychologically, sociologically and economically (Yıldız 2009). Sport enables the ones doing sport psychologically to take pleasure and have satisfying feelings. Besides, it gives individuals peace and relaxation, it makes them feel happy and take pleasure given by succeeding something (Akça 2012).

Recently, the subject of a person's happiness has been examined in concepts of psychological well-being, subjective well-being, the quality of life, satisfaction of life and positive affection (Tuzgöl Dost 2007). The term of happiness is usually defined as a subjective well-being in positive psychology literature (Diener 2000). For Ryan and Deci (2001), human beings feel themselves as subjective well-beings when they experience positive feelings, perform enjoyable activities and have meaningful experiences; on the contrary, they are far away from subjective well-beings when they are possible to experience bad activities, hopeless and unhappy experiences. Subjective well-being includes the meaning of individuals for one's life through his/her own point of view. Reactions and judges of individuals which represent his/her life, form his/her subjective well-being condition. It is suggested that the evaluations belonging to the individual's own life can be classified. Three dimensions that are separate but related to each other. These are positive emotions, negative emotions and life satisfaction (Çetinkaya 2004).

Life satisfaction is the combination of general cognitive evaluations done by individuals, about whether ones are contented or not due to his own life or in terms of particular life areas as family, friend and environment. According to this, among individuals with a high subjective well-being level, the life satisfaction is more than the others and more positive emotions are felt in individuals' life (Suldo and Huebner 2006). The life satisfaction level concept was put forward by Neugarten first in 1961, is the condition or the result by comparing the person's expectations (what one wants) to his/her belongings (what he/she owns) (Gündoğar 2007). Life satisfaction points the majority of subjective well-being and the

positive effects. Since exercise was combined with a more positive ego concept and self-respecting, psychology and psychological stress decrease, joy and happiness, it has a role in the quality of life (Kıvılcım 2014).

Life satisfaction is affected from a lot of factors like being happy in the daily life, considering life meaningful, adapting to reaching the goals, having a positive individual identity, feeling psychologically good, having economical security and social relations (Kara 2014). Since individuals use different kinds of scales like economical resources, social resources and physical health when evaluating their life satisfaction (Suldo et al. 2009).

The goal of this research was to examine and comment on the sport in terms of the different dimensions among the factors affecting the life satisfaction; considering the effects of renewing the body and relaxing the soul, the content from their own life by participating in sport centers.

Materials and Methods

This study performed the scanning (survey) model; The Satisfaction With Life Scale (SWLS) was developed by Diener et al. (1993), its validity and reliability were carried out by Yetim (1993). The related scale consisted of 5 items, the participants' some personal information was also collected. These were information about age, gender, income level, education level and marital status. The research group was formed among 200 participants of 75 females, 125 males chosen randomly from the members doing sport regularly for a year in the private sport center called Maximum Fitness Center and in its branch offices in Konya. The scale forms were distributed to the participants who were volunteer to fill in the form by the researchers after giving necessary explanations. The scale forms were presented before or after the exercises by hand with the confirmation of the participants, the researcher was at the sport center, too, this gave the opportunity to explain the misunderstood parts to the participants. Data were summarized by giving the averages and the standard deviations. It was determined that data did not show a normal distribution. As the Mann Whitney-U test was used for the comparison of double sets, the Kruskal Wallis-H Test was used for the multiple comparison of data. The error level was considered as 0,005 in this study.

Findings

The formula of interval width (a) = sequence width / the group number (Tekin 1993) was used to comment the points that the participant academicians got from the Satisfaction with Life Scale. The observation frequency and the limit values formed according to this were shown at Table 1 below.

Table 1. Observation Frequency and Limit Values in Accordance with the Satisfaction With Life Scale

Weight	Options	Limit
1	I definitely disagree	1,00-1,86
2	I disagree	1,87-2,73
3	I partly disagree	2,74-3,60
4	I am indecisive	3,61-4,47
5	I agree	4,48-5,34
6	I partly agree	5,35-6,21
7	I definitely agree	6,22-7,00

Table 1. When it was examined, it was observed that the satisfaction of life levels of the participants among the members of the private sports center had an average level. ($X= 4,29$)

Table 2. The Mann Whitney-U Test Results Regarding Life Satisfaction Levels of Individuals Doing Sport in Private Sport Centers According to the Gender Parameter

Gender	N	Average Range	Total Range	U	p
Female	75	105,91	7943,50	4281,50	0,305
Male	125	97,25	12156,50		

* $p<0.05$

Table 2. As a result of the Mann Whitney-U test which was done for the aim of determining whether a meaningful difference was performed or not in the satisfaction of life level of the participants among the members of the private sport center according to the gender parameter, a statistically meaningful difference was not found between the male or female participants ($U=4281,50$; $p>0.05$).

Table 3. The Mann Whitney-U Test Results Regarding Life Satisfaction Levels of Individuals Doing Sport in The Private Sport Centers According to the Marital Status Parameter

Marital Status	N	Average Range	Total Range	U	p
Single	155	93,49	14491,00	2401,000	0,001*
Married	45	124,64	5609,00		

* $p<0.05$

Table 3. As a result of the Mann Whitney-U test which was achieved for the aim of determining whether a meaningful difference was performed or not in the satisfaction of life level of the participants among the members of the private sport center according to the marital status parameter, that is, the single and married participants, a meaningful difference was seen for the favour of the married participants ($U=2401,000$; $p<0,05$).

Table 4. The Mann Whitney-U Test Results Regarding Life Satisfaction Levels of Individuals Doing Sports in the Private Sport Centers According to the Income Level Parameter

Income Level	N	Average Range	Total Range	U	p
Between 0-1000 TL	138	93,63	12921,50	3330,50	0,012*
1001TL and Over	62	115,78	7178,50		

*p<0.05

Table 4. In accordance with the Mann Whitney-u test which was achieved for the aim of determining whether a meaningful difference was performed or not in the satisfaction of life level of the participants among the members of the private sport center according to the income level parameter among the participants having the income level of 0-1000 TL and 1001TL and over, a statistically significant difference was observed for the favour of the participants with the income level of 1001 TL and over (U=3330,50; p<0,05).

Table 5. The Kruskal Wallis-H Test Results Regarding Life Satisfaction Levels of Individuals Doing Sport in The Private Sport Centers According to the Educational Status Parameter

Educational Status	N	Average Range	X2	Sd	p
Primary School and Secondary School	6	80	2,560	3	0,465
High School	27	109,7			
College (Undergraduate)	145	97,9			
Post-Graduate	22	111,7			

*p<0.05

Table 5. Within the results of the Kruskal Wallis-H Test which was performed for the aim of determining whether a meaningful difference was performed or not in the satisfaction of life level of the participants among the members of the private sport center according to the parameter of educational status, a statistically meaningful difference was not found in the educational status as primary, secondary, high school, undergraduate or post-graduate. (X2(3)=2,560; P>0,05)

Table 6. The Kruskal Wallis-H Test Results Regarding Life Satisfaction Levels of Individuals Doing sports in The Private Sport Centers According to the Age Parameter

Age	N	X	Average Range	Sd	p
18 and Below	16	96,5	3,645	3	0,302
Between 19-28	137	96,3			
Between 29-38	32	111,1			
39 and Over	15	120,37			

*p<0.05

Table 6. In the results of the Kruskal Wallis-H Test which was done for the aim of determining whether a meaningful difference was performed or not in the satisfaction of life level of the participants among the members of the private sport center in accordance with the parameter of age, among the participants at the age of 18 and below, between 19-28, between 29-38 and 39 and over, a statistically meaningful difference was not seen ($X^2(3)=3,465$; $P>0,05$).

Discussion and Conclusion

According to the results of this survey; even if there were not any significant differences due to education, age and gender parameters on life satisfaction levels of the individuals doing sport at the private sport centers, the significant differences was observed among the participants due to the parameters of income levels and marital status. It was suggested that the participants having higher levels of income had a higher life satisfaction than the participants with lower levels. Furthermore, it was given that the married participants' life satisfaction was higher than the single participants.

A statistically meaningful difference was not confronted between the male and female participants about the findings due to the gender parameter; similarities were seen about the research findings by Çivitçi (2009), on high school students by Seydoğulları and Çiftçi Arıdağ (2012), on immigrant teenagers by Gün and Bayraktar (2008) while differences were dealt about researches on sportsmen's spouses by Kara et al. (2014), on doctors by Ünal et al. (2011), on physically handicapped sportspeople by Duman et al. (2011). The reason is for that the findings are different from the so-called studies, which can be said that male or female participants does not have a life to improve their life satisfaction level or their life satisfaction can vary due to culture, region or society, too.

A significant difference was not considered in the life satisfaction and age parameters of the participants according to the research findings. As the research findings showed parallelism to the studies on parents by Akandere et al. (2009), on nurses by Deveci (2014); the research results on doctors by Ünal et al. (2001) showed differences. This situation can be explained with a lot of reasons efficient on life satisfaction, like the increase of life experience by getting older, the decrease of future anxiety, having more economical welfare and more

comfortable life conditions. Furthermore, the results of the study are different from the related study because the participants are the individuals in the same age interval.

A meaningful difference was not seen between the life satisfaction levels and the education levels of the participants. This situation can be mentioned as the research group was formed among the university students having similar education levels. It can be understood in the related literature that education does not have a high effect on life satisfaction. The findings of the research showed parallelism with the studies of Çetinkaya (2004) on adult individuals, of Akandere et al. (2009) on parents and of Yılmaz and Altınok (2009) on school principals.

In the results of the study, the life satisfaction levels of the members showed differences according to the parameter of marital status, the life satisfaction levels of the married individuals were higher than the life satisfaction levels of the single individuals. A lot of studies done in literature scanning showed that marriage had a positive relationship with the life satisfaction. The findings of the research showed similarities on the findings of the studies done on elite sportsmen by Kara et al. (2014), on individual adults by Çetinkaya (2004), on doctors by Ünal et al. (2001). This situation can be explained that marriage provides individuals to construct a deep relationship, individuals look upon life more securely since it terminates the feeling of loneliness in a high rate, marriage serves individuals for a more regular and healthier sexual life, life ties get stronger by having children, the missing parts of individuals are completed by the others, individuals can have a more social life by marriage and the factors like these increase the life satisfaction level of individuals.

As a result of evaluating the life satisfaction levels of the participants according to the income parameter, the life satisfaction levels of the members with an income level of 1000 TL and over were higher than the members with an income level of 1000 TL and below. It was determined that the life satisfaction was a factor related to the income level. As it can be seen on the studies of Gündoğar (2007), Tuzgöl Dost (2007), Yılmaz (2009), the results showed harmony with this situation. This situation can be explained as increases in living opportunities with developing economy, good viewpoints upon future, increases in fulfillment of wishes and needs.

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