

Leisure Motivation and Leisure Satisfaction: A practice on Open Water Swimming Competitions

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Abstract

The aim of this study is to investigate the leisure satisfaction and motivation of the individuals participating in open water swimming competitions. The sample of the study consists of 104 individuals who participated in Datça open water swimming competitions in 2018. In the study, in addition to the personal information form, "Leisure Motivation Scale" (LMS) developed by (Pelletier et al., 1991) and adapted to Turkish by Güngörmüş (2012) and "Leisure Satisfaction Scale" (LSS) developed by Beard ve Ragheb (1980) and adapted to Turkish by Gökçe (2008) were used. In data analysis, the normality of the data was tested and in addition to the descriptive statistics, Independent Sample T Test was used for two groups and One Way Variance Analysis was used for more than two groups. The correlation between the two scales was calculated by using Pearson Correlation Coefficient. While no correlation was found between the participants' genders and their years of participation in terms of leisure motivation and leisure satisfaction levels, significant difference was found between the leisure motivations of individuals who were interested in swimming recreatively and professional individuals. In addition, a positive and moderate correlation was found between LMS and LSS. As a conclusion, there can be an increase in the satisfaction levels of individuals if their leisure motivation can be increased. This is an important factor in increasing the attendance of the participants and ensuring the continuity of the organization.

Keywords: Open water, Swimming, Leisure time, Motivation, Satisfaction

Serbest Zaman Motivasyonu ve Serbest Zaman Tatmini: Açık Su Yüzme Yarışmaları Üzerine Bir Uygulama

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Öz

Araştırmanın amacı, açık su yüzme yarışlarına katılan bireylerin serbest zaman tatminleri ile serbest zaman motivasyonlarının incelenmesidir. Araştırmanın örneklemini 2018 yılında Datça açık su yüzme yarışmalarına katılan 104 birey oluşturmaktadır. Araştırmada, kişisel bilgi formunun yansısı (Pelletier et al., 1991) tarafından geliştirilen ve Güngörmüş (2012) tarafından Türkçe'ye uyarlanan "Serbest Zaman Motivasyon Ölçeği" (SZM) ile Beard ve Ragheb (1980) tarafından geliştirilen ve Gökçe (2008) tarafından Türkçe'ye uyarlanan 'Serbest Zaman Tatmini' (SZT) ölçekleri kullanılmıştır. Verilerin analizinde, verilerin normalliği test edilerek betimsel istatistiklerin yanı sıra değişken sayısına bağlı olarak iki grup için Bağımsız Örneklem T Testi, ikiden fazla grup için Tek Yönlü Varyans Analizi kullanılmıştır. İki ölçek arasındaki ilişki ise Pearson Korelasyon Katsayısı kullanılarak hesaplanmıştır. Bireylerin cinsiyetleri ve katılım yıllarının Serbest Zaman Motivasyonu ve Serbest Zaman Tatmini düzeyleri açısından bir ilişkisine ulaşılamazken, yüzme sporu ile rekreatif amaçlı ilgilenen bireyler ile, profesyonel bireylerin SZM motivasyonlarının anlamlı farklılığa rastlanmıştır. Ayrıca SZM ile SZT arasında orta düzeyde pozitif yönlü bir ilişki tespit edilmiştir. Sonuç olarak, bireylerin serbest zaman motivasyonları arttırılabilirse tatmin düzeylerinde de bir artış sağlanabilir. Bu durum etkinliklere katılan kitlenin artması ve organizasyonun devamlılığını sağlamada önemli bir unsurdur.

Anahtar Kelimeler: Açık Su, Yüzme, Serbest Zaman, Motivasyon, Tatmin

Introduction

In today's world, the geography that we live in has the image of a developing country with its richness in terms of natural resources and its suitable structure for nature sports. Of the 8333 km coastline Turkey, which is surrounded by sea on three sides, has, including the islands, 20.34% is in the Black Sea, 11.20% is in Marmara, 33.66% is in the Aegean and 20.07% is in the Mediterranean Suiçmez (2000). In addition to causing many tourists in the world to choose our country due to its natural and magnificent views, our seas also make serious contributions to the local people in terms of tourism income.

Sea tourism constitutes 20% of our tourism income and it is seen that those who visit our country as tourists prefer sea tourism the most in terms of tourism demands. Because of its long coasts, hygienic sea and beaches, natural and historical beauties and suitable climactic conditions, Turkey is in a favourable position in terms of sea tourism and has developed considerably in this field (Karlı at all.,2008). Globally, the modern start of open water swimming competitions is accepted as Lord Byron passing from Europe to Asia by swimming the Dardanelles a few miles on May 3, 1980. In 1896, the first Olympic swimming competition for the modern Olympic Games in Athens was held in open water. The first genuine discipline was held in Beijing in 2008 under the name of 10 km Marathon Swimming competitions in the Olympic program Federation Internationale de Natation (FİNA), (2017).

People want to utilize their free time for many different reasons and expectations in open or closed spaces, passively or actively, by participating in free time activities in urban or rural areas (Lapa and Ađyar, 2012). According to Beard and Rageb (1980), the positive satisfaction that individuals achieve, obtain and achieve as a result of their participation in free time activities is defined as free time satisfaction (Karlı ve ark., 2008; Koçak et al., 2017). According to Ardahan and Yerlisu Lapa (2010), free time satisfaction; without being subject to external constraints, to gain new skills, health, social, cultural, sporting or artistic expectations voluntarily, without waiting for any financial gain, health, entertainment, satisfaction, renewal and to achieve a sense of happiness, active or passive expectations of activities degree of welcome. Another factor that prevents participation

in free time is motivation. Motivation, in general, desire, goal, purpose, need, impulse and so on. is a concept derived from the word *ive* motivated İngilizce in English and French (Bilecen, 2008). Motivation, people's behavior that encourages, motivated by them or their environment and motivating them are various power (Örücü & Kanbur, 2008; Ozturk and Dundar, 2003). In their study, Nawijn and Veenhoven (2011) stated that the satisfaction and happiness of the individuals participating in leisure activities increased and that the tourists who participated in holiday trips increased in the same way.

Leisure is a result of good motivation, self-efficacy, commitment to activity and satisfaction (Chen et al., 2013; Gümüş & Işık, 2018). Leisure motivation and leisure satisfaction are the two most important factors that enable us to understand the choice of recreational activities of individuals (Beard and Ragheb, 1983; Gümüş & Karakullukçu, 2015; Gümüş & Alay Özgül, 2017). Nowadays, open water swimming competitions, which reach serious masses all over the world, are organized meticulously and attract too much attention from people of all ages. When open water swimming competition organizations are examined, the examples that come to the fore in different continents are as follows; Alcatraz swimming race, which took place with 100 participants in 1981 and 6000 participants in 2007, between San Francisco from Alcatraz Island in the middle of San Francisco Bay and East Beach, near Presidio Park in California (3.8 miles); Traversata dello Stretto swimming competition in Italy since 1930 (5.2 kilometres) on the eastern tip of Sicily and the Strait of Messina on the mainland of Italy; and Sun Moon Lake International Swimming Carnival (3.3 Kilometres) with 22,000 participants in Taiwan with the world's largest mass participation in this field. When we look at the common characteristics of these races, the most important is that they are held with participants from all ages and nationalities (Çimen, 2017).

Open water swimming competitions, which have been able to reach almost every part of the world and have been accelerating in terms of watching and participation, have been taking its place as a developing sporting activity which is also attracting interest in our country which is rich in terms of geography and natural resources. The first time open water swimming marathon was held in Turkey was in 1955 between Anadolu Kavağı and Kız Kulesi and the data show that 26 athletes participated

(Lapa, et all., 2012). Open water swimming competitions were liked and appreciated all over the country in the period the organizations started. It is seen that these organizations, which are increasing in popularity day by day, have accelerated with the number of participants, number of spectators, stakeholders and international identity and are organized in different geographical areas.

Samsung Bosphorus Intercontinental Swimming Race stands out with the number of participants and its international identity among these organizations. The competition, which was first held in 1989 with the participation of 4 female and 64 male athletes, took place with 2000 athletes (1000 international-1000 national athletes) in 2017 Turkey's National Olympic Committee, 2017. In addition, the organization which was held by Turkey's National Olympic Committee under the theme Sport for All was selected as the best open water swimming organization in 2016 by World Open Water Swimming Association (WOWSA) Çimen (2017). We hypothesized that there is a relationship between leisure motivation and leisure satisfaction. In the light of this information, the aim of the present study is to investigate the leisure satisfaction and leisure motivation of individuals participating in open water swimming competitions. When the literature is reviewed, the fact that there are limited numbers of studies on open water swimming competitions, which exist since 1955 and which have a history of more than 30 events in our country, shows the significance of our study and it will also make a serious contribution to literature.

Methodology

Study Design

The study has a relational survey model aiming to reveal the relationship between Leisure Motivation and Leisure Satisfaction. At the same time, the study was planned as a cross-sectional survey study to find out whether the individuals who participated in open water competitions differed in terms of demographic variables such as age, gender, marital status, level of education, monthly income, status of employment, swimming history, years of participation in open water swimming competitions,

choice of participation in competitions and accommodation in the competition area.

Descriptive studies are usually carried out to clarify a given situation, to reveal possible relationships between events and to make evaluations in accordance with standards. Descriptive researches are studies that enable the identification of a situation as precisely and carefully as possible (Büyüköztürk et al., 2014). The survey model generally includes studies in which the views, or interests, skills, talents, attitudes, etc. of participants about an issue or an event are found and which are generally conducted on bigger samples than other kinds of studies (Büyüköztürk et al., 2014).

Participants

The sample of the study consists of 104 individuals (22 females, 82 males) selected by easy sampling method who participated in Datça open water swimming competitions organized in Datça in 2018.

Data Collection Tools

The data collection form used in the study consists of 3 sections. In the data collection process, in addition to "Demographic Information Form" which includes information such as the participants' age, gender, marital status, educational status, monthly income, status of employment, swimming history, years of participation in open water swimming competitions, choice of participation in competitions and accommodation in the competition area; "Leisure Motivation Scale" and "Leisure Satisfaction Scale" were used.

Leisure Motivation Scale (LMS): (LMS), which was developed by (Pelletier et al., 1991) and adapted to Turkish by Güngörmüş (2012). is grouped under three headings as Intrinsic Motivation, Extrinsic Motivation and Amotivation. It includes 7 sub-dimensions "to know" (intrinsic motivation), "to accomplish" (intrinsic motivation), "to experience stimulation" (intrinsic motivation), "identified" (extrinsic motivation), "introjected" (extrinsic motivation), "external regulation" (extrinsic motivation) and

“amotivation” and a total of 28 items. It is a 5-Likert type measurement tool in the form of “Does not correspond at all (1)” and “Corresponds exactly (5)”.

Leisure Satisfaction Scale (LSS): LSS which was developed by Beard ve Ragheb (1980) and adapted to Turkish by Gökçe (2008).includes 6 sub-dimensions as psychological, educational, social, relaxation, physiological and aesthetic and a total of 24 items. It is a 5-Likert type measurement tool in the form of “Almost never true” and “Almost always true”.

Analysis of Data

Before statistical evaluations, it was checked whether the data collection tools were filled in correctly and validly. In line with the purpose of the study, the data collected in accordance with the sub-problems were checked and recorded electronically. Data were analyzed statistically. Independent sample T Test was used for two groups depending on the number of variables as well as descriptive statistics by testing normality, while One way ANOVA was used for more than two groups. The association between the two scales was calculated by using Pearson Correlation Coefficient.

Findings

When Table 1 is examined, it can be seen that 21.2% of the participants are female, 78.8% are male, in terms of age, the highest number of participants are between 46 and 55 years of age with 32,7%, while the lowest number of participants are between 15 and 25 years of age, and 26 and 35 years of age with 13,5%. It was found that 60,6% were married, 39,4% were single, 52,9% were university graduates, 24% were postgraduates and 23,1% were high school graduates. In terms of monthly income it was found that 72,1% had moderate level of income, while 18,3% had high level of income and 9,6% had low level of income. It was found that 72,1% were employed, 27,9% were unemployed, in terms of swimming history, 48,1% of the participants were doing as sportive activity, 44,2% were licensed athletes and 7,7% were national team athletes.

Table 1. Distribution of the participants according to descriptive variables

Variable		N	%
Gender	Female	22	21,2
	Male	82	78,8
Age	15-25	14	13,5
	26-35	14	13,5
	36-45	22	21,2
	46-55	34	32,7
	56 and older	20	19,2
Marital Status	Single	41	39,4
	Married	63	60,6
Educational Status	High School	24	23,1
	University	55	52,9
	Postgraduate	25	24
Monthly income	Low	10	9,6
	Moderate	75	72,1
	High	19	18,3
Status of employment	Yes	75	72,1
	No	29	27,9
Swimming history	Licensed athlete	54	51,9
	Sportive activity	50	48,1
Years of participation in open water swimming competitions	1-5 Years	70	67,3
	6 years and more	34	32,7
Choice of participation in competitions	Alone	63	60,6
	With family	41	39,4
Accommodation in the competition area	1-2	59	56,7
	3-4	45	43,3
Total		104	100,0

In terms of years of participation in open water swimming competitions, it was found that 67,35% participated for between 1-5 years, 25% participated for between 6-10 years and 7,7% participated for 11 years and more. 60,6% were found to participate in competitions alone while 39,4% were found to participate with family and 56,7% accommodated for 1-2 days, while 43,3% accommodated for 3-4 days.

Table 2. Averages of the sub-dimensions of leisure satisfaction scale

	Sub-dimension	N	\bar{x}	ss
LSS	Psychological	104	4,433	,625
	LS_educational	104	4,368	,719
	LS_social	104	4,313	,679
	Physiological	104	4,596	,501
	LS_relaxation	104	4,110	,686
	LS_aesthetic	104	4,007	,745

When the participants' average scores for LSS were examined, it was found that physiological and psychological sub-dimensions came to the forefront as the most important factors that satisfied individuals. It can be said that sub-dimension participants care about the least was aesthetic sub-dimension.

Table 3. Averages of the sub-dimensions of leisure motivation scale

	Sub-dimension	N	\bar{x}	sd
LMS	To know	104	3,985	,664
	To accomplish	104	4,185	,631
	To experience stimulation	104	4,016	,572
	Identified	104	3,997	,663
	Introjected	104	3,745	,566
	External regulation	104	2,382	,910
	Amotivation	104	1,685	,816

When the mean scores of the participants' LSS scale were examined, it was seen that achievement and to experience stimulation subscales were the most important factors motivating individuals. It can be said that the least important sub-dimension is the amotivation sub-dimension.

Table 4. T-test results of the participants' average LMS and LSS scores in terms of gender

	Gender	N	\bar{x}	sd	t	p
LSS	Male	65	4,2073	,54280	-1,497	,138
	Female	39	4,3628	,49475		
LMS	Male	65	4,2073	,54280	-1,633	105
	Female	39	4,3628	,49475		

When the participants' LSS and LMS scores were examined in terms of gender, it was seen that gender did not cause a significant difference.

Table 5. T-test results of the participants' average LMS and LSS scores in terms of swimming history

	Swimming history	N	\bar{x}	sd	t	p
LSS	Professional	54	4,2508	,49655	1,104	,272
	Recreative	50	4,3625	,53566		
LSM	Professional	54	3,3393	,46482	1,990	,049*
	Recreative	50	3,5243	,48324		

*P<0.01

When the participants' Leisure Satisfaction and Leisure Motivation were examined in terms of swimming history, it was found that swimming history caused a significant difference in leisure motivation. According to analysis results, individuals with a recreative swimming past have higher LMS scores than those with a professional swimming past.

Table 6. T-test results of the participants' average LMS and LSS scores in terms of years of participation

	Years of participation	N	\bar{x}	sd	t	p
LSS	1-5 years	70	4,3512	,47085	1,329	,187
	6 years \geq	34	4,2083	,59512		
LMS	1-5 years	70	3,4592	,44484	,942	,347
	6 years \geq	34	3,3645	,54836		

When the participants' LSS and LMS scores are examined in terms of years of participation in open water swimming competitions, it can be seen that years of participation does not cause a significant difference.

Table 7. Correlation results of LMS and LSS

		LMS	LSS
LMS	Correlation		,397**
	Sig.	1	,000
	N		104
LSS	Correlation	,397**	
	Sig.	,000	1
	N	104	

**P<0.01

When Table 7 is examined, a moderate positive correlation can be seen between LMS and LSS.

Discussion

Intense work tempo, urbanization, technological developments and many other reasons lead people to unusual activities. With the recognition of the necessity of people's happiness, renewal and quality life, the importance of participation in recreational activities has been well understood and participation to such activities has increased (Tekin et al., 2007, Ragheb

ve Tate 1993, Başıođlu 2013).It can be said that open water swimming competitions held in Datça for the 13th time this year which accelerated in terms of number of participants is among the important recreational activities. When the data obtained from the study which was conducted to examine leisure satisfaction and leisure motivation of individuals participating in open water swimming competitions were examined; it was found that the highest motivation students had in terms of LMS was in the sub-dimension of "to accomplish" (\bar{x} :4,19), while the lowest was in "amotivation" (\bar{x} :1,69). In terms of the average scores of LSS, the highest sub-dimension was "physiological" (\bar{x} :4,60), while the lowest was aesthetic (\bar{x} :4,01). Thus, keeping the satisfaction levels of individuals who participate in open water swimming competitions as leisure activity at the highest level is a significant factor in terms of increasing participation in the following years and to spread such activities along the shoreline in Turkey. Beard ve Ragheb (1980). stated that participant satisfaction is an indispensable element of continuity in recreational activities. Ryan ve Glendon (1998). suggested maintaining a high level of user satisfaction as the main criterion in expanding the range of leisure activities. For the spread of similar open water swimming competitions in Turkey and to maintain continuity, it is important to find out the satisfaction levels of participants and to find out the factors that motivate them to this activity. When the Leisure Satisfaction and Leisure Motivations of the participants were examined in terms of gender, it was seen that gender did not cause a significant difference in the LSS and LMS scale scores. Although (Tsai, et all 2015).stated that gender is an important variable in leisure motivation, in the present study no significant difference was found was in terms of gender. This information can be interpreted as being a woman or a man in open water swimming competitions is not an effective variable in leisure motivation and leisure satisfaction. When the Leisure Satisfaction and Leisure Motivations of the research group were examined according to the year of participation, it was found that the year of participation does not cause a significant difference in LSS and LMS scale scores. Although no significant difference was found, the mean scores of those who had between 1-5 years of participation year were higher than those with 6 years or more. This finding is thought to be due to the fact that for the participants whose participation year is 6 years or more, the activity becomes a

routine activity. According to another finding of the study, a significant difference was found at the $p < 0.05$ significance level between LMS scores of the individuals interested in swimming sport for recreational purposes and those who were professional. This finding showed that the motivation of the individuals who do swimming for recreational purposes is higher than the professional individuals. Athlete history is thought to be effective in the formation of this finding. It can be said that another factor is that professionals feel these activities as a professional necessity rather than a recreational activity compared to those participating in such activities for recreational purposes. Another finding of the study showed a moderate positive relationship between LMS and LSS. Therefore, increasing the motivation of individuals for leisure time will create an increase in leisure time satisfaction. It is important to increase the LSS level in terms of the continuity of the organizations and increasing the number of the participants.

Conclusion

As a result, if leisure motivation of individuals can be increased, an increase in satisfaction levels can be achieved. In this case, it is an important factor to increase the attendance of the participants in order to achieve the continuity of the organization.

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