

Bireylerin Spor Yapma Amaçlarının Beden Kitle İndeksi, Yaş ve Cinsiyete Göre İncelenmesi

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Özet

Bu çalışma spor merkezine giden bireylerin spor yapma amaçlarını belirlemek amacıyla yapılmıştır. Çalışmaya 2007-2013 yılları arasında fitness merkezine giden 441 kadın ve 808 erkek olmak üzere toplam 1250 kişi katılmıştır. Katılımcıların spor yapma amacı, Beden Kitle İndeksi (BKİ), yaş ve cinsiyete göre incelenmiştir. Çalışmadan elde edilen verilerin istatistiksel analizi için Chi-Square testi kullanılmıştır. Katılımcıların %66.8'nin kilo vermek amacıyla, %15.7'nin kilo almak amacıyla ve %17.5'nin sıkılaşmak amacıyla spor yaptıkları tespit edilmiştir. Katılımcıların “neden spor yapıyorsunuz?” sorusuna verdikleri cevabın BKİ'ne göre farklılaştığı görülmüştür ($p<0.01$). Obez olanların %99.5'nin, şişman olanların %98.7'nin kilo vermek amacıyla spor yaptıkları görülürken, bu oran zayıflarda %0 olarak karşımıza çıkarken normal olanlarda %42.1 ile karşımıza çıkmaktadır. Katılımcıların yaşları ile spor yapma amacı arasında istatistiksel olarak anlamlı bir bağlantı bulunmuştur ($p<0.01$). Yine katılımcıların cinsiyetleri ile spor yapma amacı arasında istatistiksel olarak anlamlı bir bağlantı bulunmuştur ($p<0.01$). Türkiye'de son araştırmalarda 15 ve daha yukarı yaştaki nüfusun %16,9'u obez, %33'ü şişman bulunmuştur (fazla kiloludur) . (TÜİK, SAYI:220 YIL:27.11.2011). Dünya sağlık örgütü (WHO) fiziksel aktiviteyi, “sağlığı sadece hastalıklardan ve mikroplardan koruma değil, bir bütün olarak fiziki, ruhi ve sosyal açıdan iyi olma hali” olarak tanımlamaktadır (Özer, 2006). Sonuç olarak katılımcıların büyük bir kısmının kilo vermek amacıyla spor yaptıkları görülmüştür. BKİ'nin spor yapma amacını etkilediği; yaş arttıkça “kilo vermek için” spor yapanların oranının arttığı tespit edilmiştir.

Anahtar Sözcükler: spor yapma amacı, beden kütle indeksi

Making the Objectives of Individuals Sports Body Mass Index, by Age and Gender Analysis

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Abstract

This study was conducted to determine the intent of making sport of individuals to the sports center. The study of 441 women and 808 men in 2007-2013 to the fitness center for a total of 1,250 people participated. The purpose of sports participants, Body Mass Index (BMI), by age and sex were examined. Obtained from the study for the Chi-square test was used for statistical analysis. %66,8 participants of the order to lose weight,%15,7in order to take the weight,%17,5 Tighter to the sports they have been identified. Participants "why sports are you doing?" The answer to the question they differ according to BMI was observed ($p < 0.01$). Those who are obese %99,5, those who are fat %98,7 exercise in order to lose weight, where as the rate of 0% is seen as weak and emerges with patients with normal %42,1. The age of participants in the sport with the aim of making a connection to a statistically significant difference ($p < 0.01$). Again, the purpose of gender of the participants with a statistically significant link between sports ($p < 0.01$). In a recent study in Turkey of the population above the age of 15 and 16.9% obese, 33% fat was found (are over weight). (TSI, NO: 220 YEAR: 27.11.2011). The World Health Organization (WHO) physical activity, "health is not just protection from disease and germs as a whole, the physical, mental and social well-being" is defined as (Ozer, 2006). As a result, a large portion of the participants exercise in order to lose weight was observed. BMI affects the purpose of sports, with increasing age, "to lose weight" sport increased the proportion of those who have been identified. Our society is increasingly associated with obesity on the importance of sport habits of highly groups of subjects participated in this study, is a beautiful declaratory.

Key Words: sport, the purpose of making, body mass index

Introduction

Body mass index (BMI), body weight, is the ratio of the square of height. When measuring body weight BMI units / kg, height is taken as the meter. This improved method to calculate BMI and the following nomogram is used to classify (Zorba, 2006).

$$\text{BMI (kg/m}^2\text{)} = \text{VA (kg)} / \text{Height}^2 \text{ (m)}$$

Body mass index (BMI) in both children and adults used to show nutritional status is quite objective measure. BMI, calculated very easily (weight [kg] / boy² [m]), and clinical evaluation of subcutaneous and total body fat is considered as a good indicator is a measure. Especially BMI in assessing obesity "is recommended to use the (Sarria, 2001). In recent years, the evaluation of nutritional status of children prepared according to age and gender BMI reference values began to be used widely. However, the gender and ethnic composition of the body fat percentage to be affected by such features, a single standard for all nations precludes the use of reference values. BMI reference values used to vary in each country, as a country, and even in different parts of different races living in the same area can vary significantly even in. In recent years, several countries have been published reference values for BMI (Sivas, 2006).

Method

Study group

Burdur universe of the study, the sample of "Olympia Sports Center" consists of people who applied inside sports. The sample groups determined by the random sampling method constitutes the 1,250 people (441 women and 808 men).

Data Collection Tools

The research data "personal workout card, tape measure and precision weighing a total of 1250 people. In this scorecard there are persons age, gender, occupation, sports goals, sport histories and features such as body mass measurements. Body mass index (BMI) and weak (<19.9 kg/m²),="" normal="" (20-24.9="" kg/m²),="" fat="" (25-29.9="" kg/m²)="" ve="" obese="" (= "" >30 kg/m²) is divided into 4 groups.

Data Analysis

The purpose of the BMI, age and gender in order to look at the connection between the sports with the Chi-square test was used. Statistical analysis of the data obtained from the study conducted in SPSS 19.0.

Findings

Table 1. The purpose of practicing sport

		Sportthe purpose of making								X ²
		Weightloss		Weightgain		Firming		Total		
		n	%	n	%	n	%	n	%	
BMI (kg/m ²)	Weak	0	0	116	78.4	32	21.6	148	100	950.615**
	Normal	189	42.1	79	17.6	181	40.3	449	100	
	Fat	440	98.7	1	0.2	5	1.1	446	100	
	Obese	206	99.5	0	0	1	0.5	207	100	
	Total	835	66.8	196	15.7	219	17.5	1250	100	
Age Groups (year)	11-17	62	53.0	26	22.2	29	24.8	117	100	113.694**
	18-25	360	57.0	144	22.8	128	20.3	632	100	
	26-34	229	76.8	23	7.7	46	15.4	298	100	
	35-65	184	90.6	3	1.5	16	7.9	203	100	
	Total	835	66.8	196	15.7	219	17.5	1250	100	
Gender	Woman	345	78.1	11	2.5	86	19.5	441	100	90.314**
	Man	490	60.6	185	22.9	133	16.5	808	100	
	Total	835	66.8	196	15.7	219	17.5	1250	100	

**p<0.01

Discussion and Results

%66,8 participants of the order to lose weight,%15,7in order to take the weight,%17,5 Tighter to the sports they have been identified. Participants "why sports are you doing?" The answer to the question they differ according to BMI was observed (p <0.01).

Those who are obese %99,5, those who are fat %98,7 exercise in order to lose weight, where as the rate of 0% is seen as weak and emerges with patients with normal %42,1.The age of participants in the sport with the aim of making a connection to a statistically significant difference (p <0.01).

Engaged in sports with the aim to lose weight ratio of 53% was found in between the ages of 11-17, 90.6% over 35 years, this ratio has been found.

Age increases, "to lose weight" sport of those who rate increases.Again, the purpose of gender of the participants with a statistically significant link between sports (p < 0.01).

Women 78.1%, 60.6% of men's sports with the aim to lose weight they have seen.

In a recent study in Turkey of the population above the age of 15 and 16, 9% obese, 33% fat was found (are over weight). (TSI, NO: 220 YEAR: 27.11.2011).

The World Health Organization has set for Turkey in 2030 diabetes rate of 8.7 was determined to be 13.7 in 2010. Turkish Endrokrinoloj and Metabolism Association General Secretary Prof Dr. Bulent Okan YILDIZ this situation, coupled with the still living have reported that the disease is in evitable.

The World Health Organization (WHO) physical activity, "health is not just protection from disease and germs as a whole, the physical, mental and social well-being" is defined as (Ozer, 2006). Considering the benefits of physical activity, healthy individuals and healthy communities, individuals in the most appropriate level of physical activity should be encouraged. Prolongation of life and it is clear that the quality of life. Increasing physical activity, not just for kids, adults and the elderly are also necessary for (Yüksel, 2001).

The individual's physical activity during the day is classified according to his work as routine.

Common classifications; Professional activities, house hold chores, leisure activities and transportation can be summarized as (Saygın, 2003; Ozer, 2001).

Here's to sports scientist, only the physical education teachers, but all other branches in the teachers, coaches, press and media and the duties of managers the seclases, the difference between the first our selves in a good way by learning the Republic of Turkey, all the individuals to be able to teach and straight for ward way to transfer should be. In particular, our hope, our children tomorrow.

As a result, a large portion of the participant sex exercise in order to lose weight was observed. BMI affects the purpose of sports, with increasing age, "to lose weight" sport increased the proportion of those who have been identified.

Our society is increasingly associated with obesity on them portance of sport habits of highly groups of subjects participated in this study, is a beautiful declaratory.

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Note: This publication held in Antalya between 21-23 May 2014 1st International Sport Science, Tourism and Recreation Student Congress took the 3rd prize in the best oral presentation.